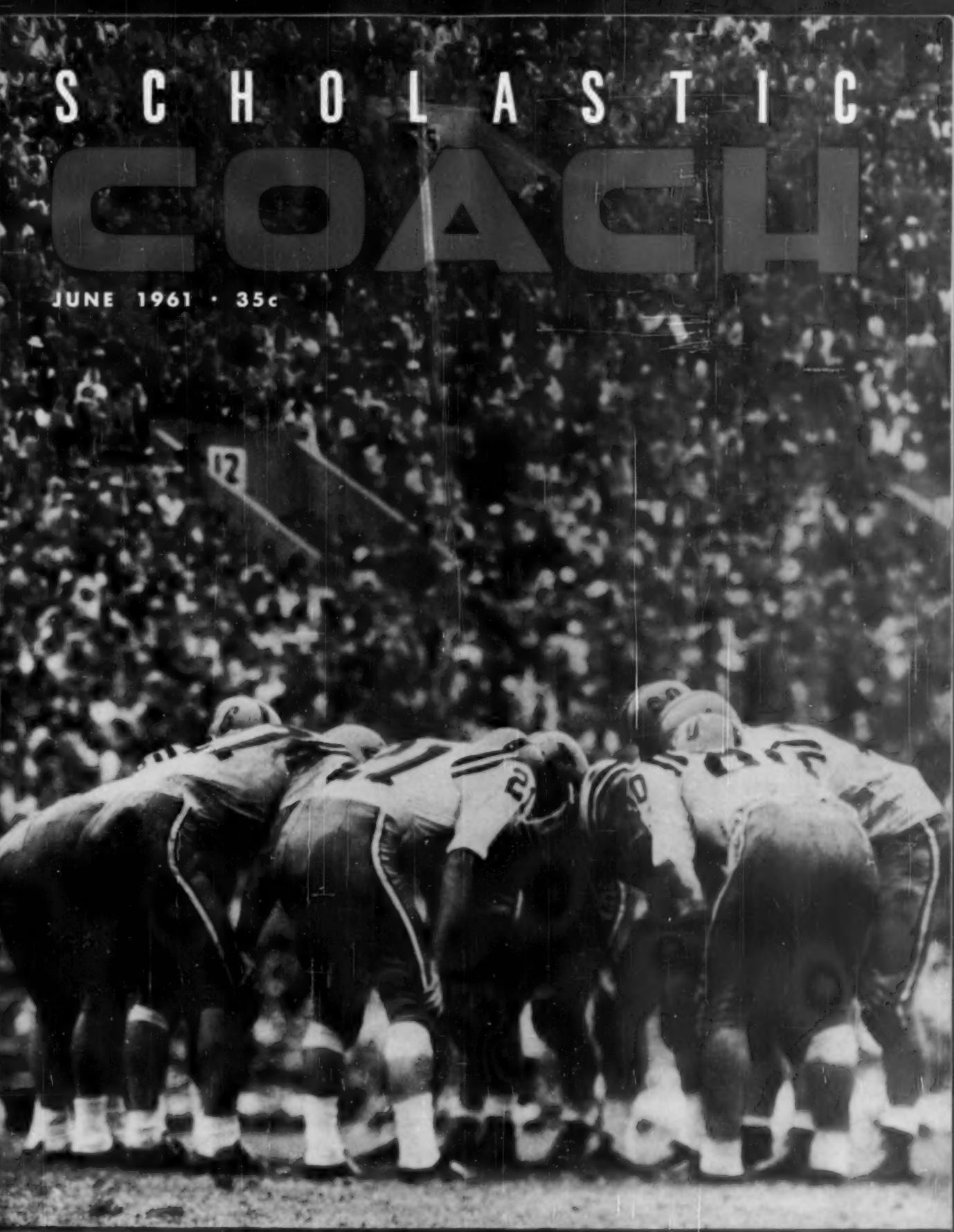


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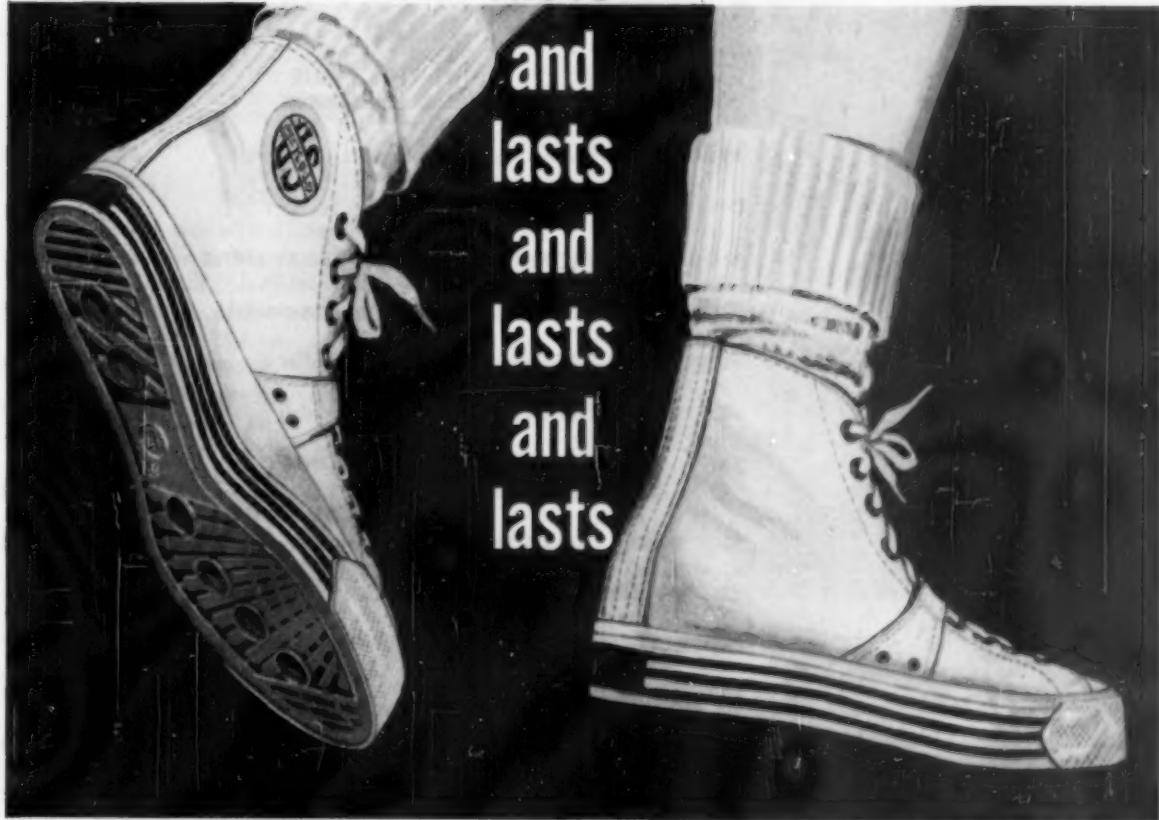
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Cover: By Jim Martin for Florida State University

Publisher • G. HERBERT McCACKEN
Editor • HERMAN L. MASIN
Advertising Manager • ED McCARRICK
Business Manager • OWEN REED
Adv. Production • MADELAINE SCHWENDEMAN
Art Director • CHARLES L. HURLEY

SCHOLASTIC COACH IS ISSUED MONTHLY DURING THE ACADEMIC YEAR (SEPTEMBER THROUGH JUNE) BY SCHOLASTIC MAGAZINES, INC., PUBLISHERS OF SCHOLASTIC MAGAZINES FOR HIGH SCHOOL STUDENTS. ADDRESS, ADVERTISING, AND ADVERTISING COMMUNICATIONS AND CORRESPONDENCE CONCERNING SUBSCRIPTIONS AND CIRCULATION TO SCHOLASTIC COACH, 33 WEST 42 ST., NEW YORK 36, N. Y. SUBSCRIPTION FOR THE UNITED STATES, \$3.00 A YEAR, CANADA, \$3.25, FOREIGN, \$3.50. BACK ISSUES: CURRENT VOLUME, 35c; PREVIOUS VOLUMES, 50c. THE ENTIRE CONTENTS OF SCHOLASTIC COACH COPYRIGHT, 1961, BY SCHOLASTIC MAGAZINES, INC. SCHOLASTIC COACH IS A MEMBER OF THE BUSINESS PUBLICATIONS AUDIT, A BUREAU FOR EXAMINING AND AUDITING CIRCULATION FIGURES FOR THE PROTECTION OF ADVERTISERS. PBA STATEMENT OF SCHOLASTIC COACH CIRCULATION SUPPLIED ON REQUEST.



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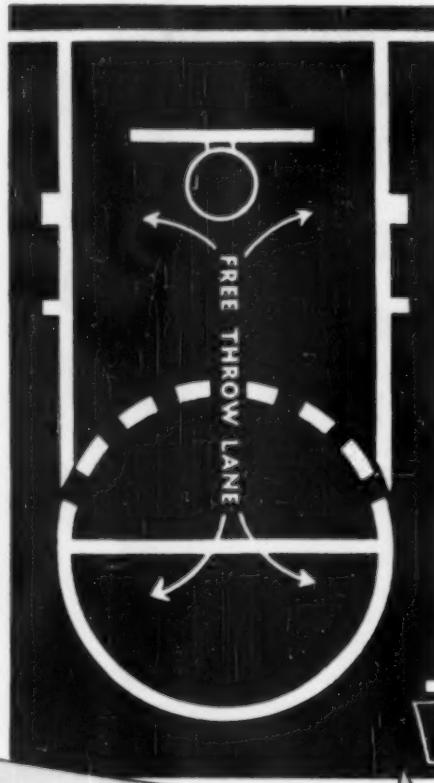
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Something old, something Newell

THE difference between the mendacious, money-grubbing shaman and the genuine amateur athlete was lucidly revealed in two recent articles in *Sports Illustrated*: "My Take-Home Pay as an Amateur Sprinter" by Mike Agostini, and "Idea of an Amateur" by Phil Coleman, the distance runner.

The Agostini squeal isn't worth dignifying with quotes. The Coleman article merits serious attention. Simply and honestly, without bathos, the Mid-Western distance star offers a trenchant brief for amateurism—telling exactly what he has gotten out of it.

In dollars and cents, it may not compare with the Agostini "take." But in the fuller, more meaningful sense of life, it is far more enriching. Coleman's philosophy is beautifully capsuled in his concluding paragraphs:

There is no special virtue in amateurism if the definition hinges only on whether or not the athlete is paid. The value of amateurism lies deeper. It is the value the Greeks recognized as lost when they discontinued the ancient Olympic Games.

Amateurism is a point of view, a state of mind. It is an attitude toward sport that recognizes it as something other than a profession, something other than a livelihood or a means of existence. Athletics has been for me a way of life, but it has not been a whole life, and it cannot be . . .

An amateur's commitment to sport is a qualified commitment, an acknowledgment that he will give his all only within certain restrictions. He will do his utmost in his two hours a days, knowing that he might be better if he spent eight hours or if he added weight lifting or he dropped spices from his diet or quit sleeping with his wife.

He strives to do his utmost within his limits but has the reservation that if he is not himself victorious this does not mean he is defeated. This is his creed, whether he is an amateur runner, boxer, painter or fisherman. . . .

If Mike Agostini wants to get paid for his sport, I will let him . . . I do ask of the Mike Agostinis that they stop implying that because they do something, everybody does and insisting that because they do it, it's right.

These words have a dignified, noble lift to them. What a wholesome relief from those dingy public confessionalists (paid for at top magazine rates) by all those shaman runners, tennis players, and ex-college football players.

WHEN Pete Newell traded in his magnetic coaching board for an athletic director's portfolio last September, basketball lost one of its two or three most gifted, intelligent, and gracious practitioners. It may seem late in the game to be hooking up a hosanna, but we just heard a story about him that has forced us to shout.

It happened at the Spalding-Sports Illustrated Clinic in Monticello, N. Y., last June. One of our buddies—a diabolically shrewd high school coach—descended upon the seminar armed with a real brainbuster: *If you have a team with only one good ball-player, what do you do when the opponents throw a box-and-one against you?*

Our friend lobbed it at one big coach after another, and no one could tap it in for a basket. Some gave it the once-over lightly; others threw up a smoke screen to conceal their perplexity; and a few suddenly found engagements that needed their immediate attention.

Then it came Pete's turn. He sat my friend down. "All right," he said, "tell me about your good man. How tall is he? What can he do? What about the other kids? Do any of them have any particular skills? What have you been doing against the box-and-one so far?" etc.

Pete then carefully detailed all the possibilities open to the offensive team!

Our friend was profoundly im-

pressed. Later that noon he again put the press on the California coach. "Pete," he said, "I have an enormous favor to ask of you. There are 15 New York City basketball coaches at the Clinic, who are very anxious to hear you lecture. Unfortunately you're not going on until tomorrow afternoon, and all of us have to be back at school by then. I know I'm asking a lot, but could you possibly give us the lecture tomorrow morning?"

Pete didn't hesitate a moment. He'd be happy to do it, he said. Next morning he showed up at the room where the 15 coaches had assembled. He showed the film of the game in which California stopped Oscar Robertson, keenly and thoroughly analyzed the defense that did it, then gave the rest of his regular lecture. By the time he finished, about 150 other coaches had jammed into the room and were listening enthralled.

"It was the nicest thing he could have done for us," our friend mused. "I hope Pete knows how much we appreciated it and what we think of him. He's the greatest. You'd think, with his record, he'd be dogmatic about his theories. But he showed a deep understanding of our problems.

"Remember," he kept saying, "this is the way I did this (or that) thing because of the personnel I had. You may have to do it another way because you have different kinds of kids."

"Pete was just fabulous—all brains and class. I now know exactly what kind of coach I want to be—exactly like Pete Newell."

As you can see, Pete has opened a Newell Frontier in basketball coaching.

WE WERE cooing happily over George Dixon's syndicated column, "Washington Scene," on February 20, when wham! bam! alla gagazam! two words jumped out of the last paragraph that practically

(Concluded on page 47)

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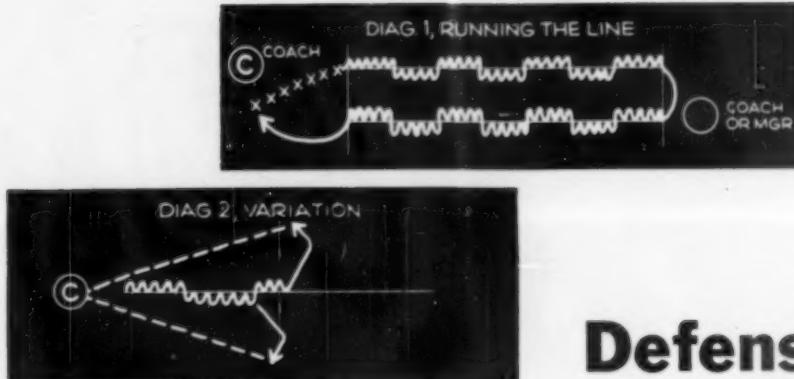
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Defensive Backfield Drills

By DAVE HART, Coach, Johnstown (Pa.) High School

OVER the years we've collected many practice devices with which coaches teach pass defense. We've put them together, added a few of our own, and have come up with a pretty sound teaching program.

It has been said that, "There's no perfect pass defense." Though we don't particularly care to begin our selling and teaching on such a premise, we don't mind if our kids hear it said as such. We do, however, want to instill the philosophy that the zone defense most closely achieves perfection against passes.

We also want to sell our lads on such ideas as: (1) the long pass must never be completed for a touchdown, (2) the ball belongs to anyone when it's in the air, (3) you must intercept one out of every six passes thrown, and (4) completed passes must be held to a very low yardage.

We teach our defenders to play the field, not the receivers. Our basic strategy is to play the field, the passer, the ball, and, last, the receiver (with split vision).

A good pass defender must have

a genuine desire to play pass defense, and must work hard to master the various techniques.

These techniques are: (1) playing the field—his zone, (2) reacting and changing direction when the ball is thrown, (3) playing the ball, (4) intercepting the ball at the highest point, (5) playing through the receiver to the ball if necessary, (6) eliminating the intended receiver with a block once the pass is intercepted.

We believe that our drills help to improve these skills and the players' confidence in intercepting passes.

These drills may be used to teach one or a series of techniques at the same time. We like to vary our methods because the players may tire of constant repetition. A variety of drills and the element of change create greater interest and constant challenge, sustaining squad morale throughout the practice sessions.

After calisthenics, sled work, and agility drills, we embark on the various individual and group drills with our pass defensive men. Our practice schedule calls for a certain amount of time with two inter-

charging groups, and these drills are usually repeated with each group by our defensive backfield coach.

The drills we use follow. (Walk through them first. Go slow.)

1. Running the Line (Body Reaction Drill), **Diag. 1.**

Objective: To teach them to run downfield full speed—to react and turn with agility and body balance while watching the passer.

Procedure: Coach with ball stands on yard marker at one side of field—players line up and pedal backwards on line, watching passing action of coach. They turn (left or right) on pointed direction of ball.

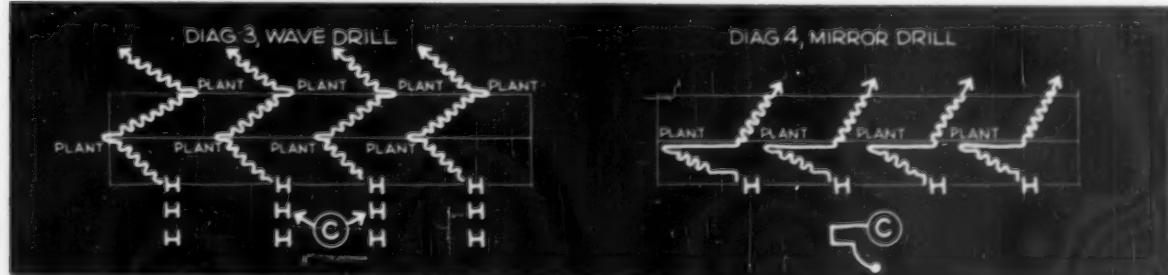
Coaching Points: Start from basic position. Stay on line. React and change direction by crossing over with knees bent slightly and tail low. Watch passer. Don't turn back on ball.

To obtain more than one learning skill, you may mix this interception drill with the technique in **Diag. 2.** Coach passes ball to defender who catches it at highest point, coming forward with thumbs inward. As players begin to acquire proper technique and confidence, the interception distance can be widened.

2. Wave Drill (Body Reaction Drill), **Diag. 3.**

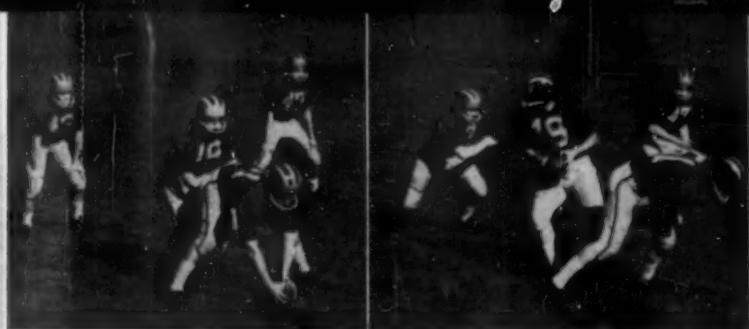
Objective: React with proper balance and planting procedure to movement of ball.

(Continued on page 25)

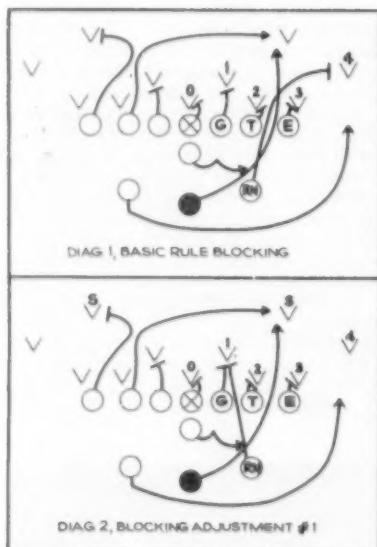


WINGED T COUNTER PLAY

Upon receiving the ball from center, the qb reverse-pivots. As the fb passes him, he bends his path toward the lh's original spot. He's ready to hand off inside (to the lh) with his right hand the instant the fb passes him. Note, in picture 2, how the lh rocks his weight on his left foot and head-fakes to his right before stepping off with his right foot.



Blocking Adjustments for Outside Belly Series



By PETE DYER
Coach, Dobbs Ferry (N. Y.) H. S.

YOUR basic running attack always seems to look pretty good on paper, and you wonder how the defense will be able to contain such a deceptive, hard-hitting formula.

But once the game starts, your wonderment often changes to dismay. Somehow the defense will find ways of bollixing your blocking assignments at the critical point of attack. And if you can't adjust your assignments, you're lost.

In short, you must be able to vary your blocking patterns. That's what we've done with the basic play of our outside belly series—the fullback off-tackle play. By utilizing a very simple set of adjustments off our basic rule blocking, we're able to block the play in many ways, thus providing a good deal of trouble for the defense.

These blocking adjustments are an absolute necessity. The fullback off-tackle play *must be successful* for your outside belly series to go.

Since all adjustments concern only the active side of the line—the critical point of attack—we shall confine our basic blocking rules to this side.

Our basic rule blocking comprises the simple 0, 1, 2, 3, 4 method popularized by Jim Tatum and Warren Giese at Maryland in the early 1950's. On the active side of the play, the blocking rules are as follows (see **Diag. 1**):

Center. Block (O), who's the lineman or linebacker playing head-on you. If there's no (O) man, as in a loose-6 defense, then fire-out straight ahead a few yards and turn to the off-side and look for a linebacker coming in pursuit.

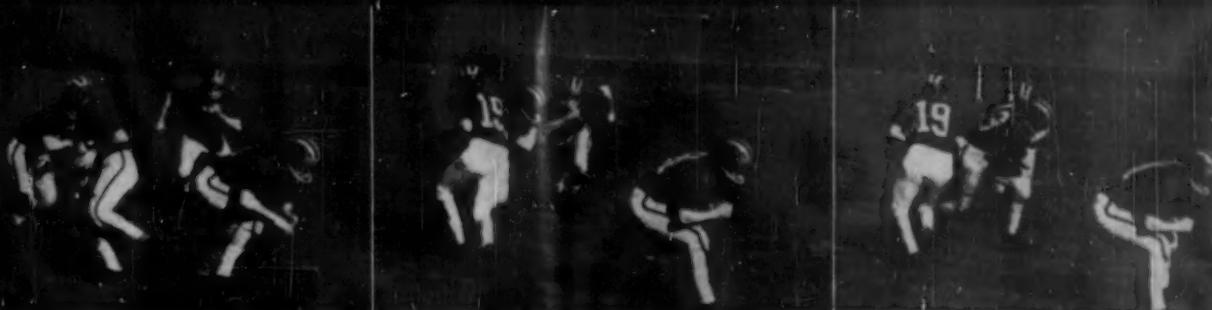
Active Side Guard. Block (1), who's the first defensive lineman (or linebacker) to your side of the ball, not counting the (O) man.

Active Side Tackle. Block (2), who's the second lineman (or linebacker) to your side of the ball, not counting (O).

Active Side End. Block (3), who's the third defensive lineman (or linebacker) to your side of the ball, not counting (O).

Active Side Halfback. Block (4), who's the fourth defensive lineman (or linebacker) to your side of the ball, not counting (O).

We make any adjustment needed



WINGED T COUNTER BOOTLEG

Designed to look like the counter, the qb pivots as before, placing the ball on his pelvis with his left hand. He snaps a right-hand fake to the lh,

allowing his right hand to drag after him, meanwhile sliding the ball to his left hip to conceal it. He looks over his shoulder at the lh, as he follows the rh (who left in motion) to the outside at a depth of five yards.

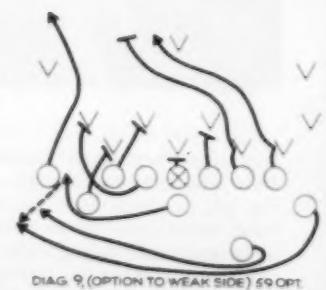
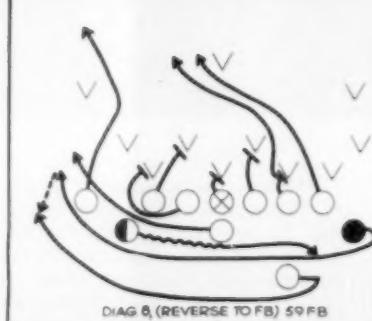
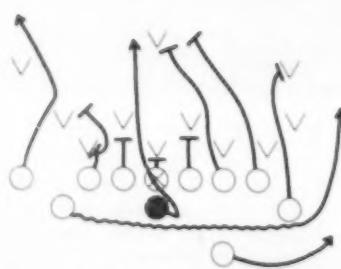
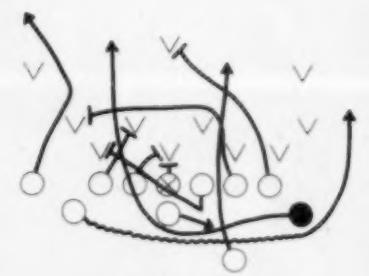
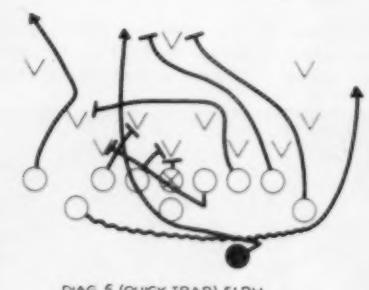
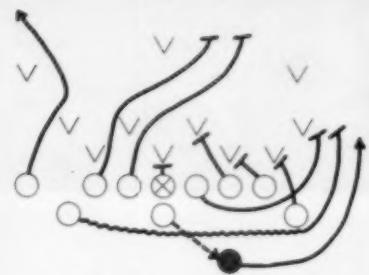
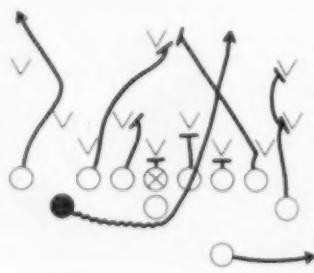
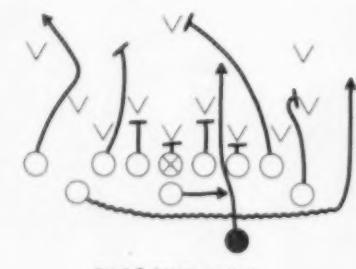
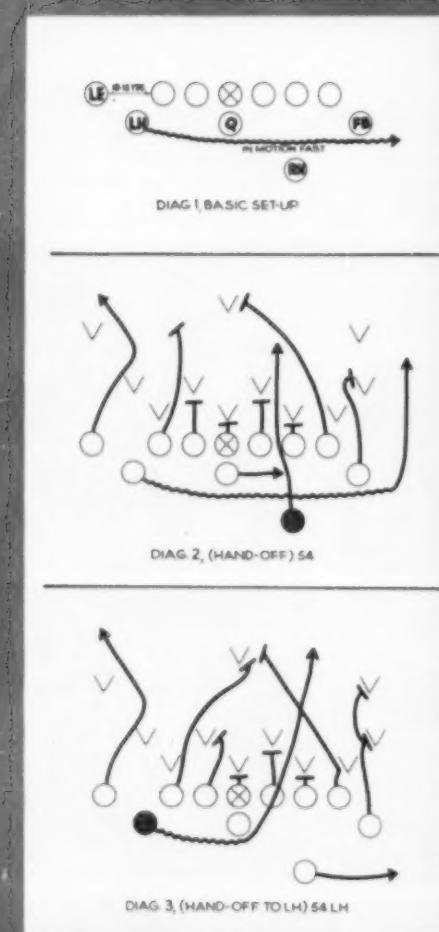


from this simple basic blocking rule. Now let's examine the set of blocking adjustments that have proved most helpful to us in our outside belly series. All adjustments will be described against the Oklahoma 5-4-2 defense, and to the right side of the line only.

Blocking Adjustment # 1 (Diag. 2). The right halfback double-teams the (1) man along with the offensive guard, while all other linemen execute their basic rule block. This adjustment offers a wonderful means of cutting off the defensive pursuit of the active side defensive interior

linebacker. This particular defensive player can, at times, be very tough to keep out of the fullback's running lane when regular rule blocking is utilized.

This can be due to two factors. First, the linebacker secures outside
(Continued on page 38)



By HERB APPENZELLER, Coach, Guilford College (N. C.)

Flying Wing Offense

TWO years ago we found our opponents stacking their defenses to stop our inside attack. This was due in part to our fine fullback and also to a lack of exceptional speed by our halfbacks.

Late in the season our coaching staff decided to vary our attack to try to develop an outside attack. By nature of the formation we called this off-shoot of our regular T our "50 Series" or "Flying Wing" offense.

The results have been rewarding from an offensive standpoint. With the same personnel as the previous year, we scored the second highest point total in the school's long history! We found we could use our basic plays without any significant changes in the blocking assignments of our linemen. This "flying wing" provided the defense with several problems that enabled us to capitalize effectively on their adjustments to our new formation.

Diag. 1 illustrates our "flying wing" offensive setup. We use our fastest back at right half and our best blockers at fullback and left fullback. On the command down,

our left halfback moves laterally as fast as he can toward the fullback. We vary our left end's split according to the coverage by the defensive halfback.

Diag. 2 shows our bread-and-butter play (54 Hand-Off).

A GRADUATE of Wake Forest, currently working on his Ph.D. at the U. of North Carolina, Herb Appenzeller has enjoyed conspicuous coaching success on both the high school and college levels in North Carolina. In his two years at Rolesville High, he produced two conference champs. In his next two years at Wakelon High, he produced teams with outstanding offensive records. Then came a five-year term at Chowan Jr. College, during which he produced an unbeaten team, a team that set a school scoring record (279), and played in five bowl games. Since 1956 he has been coaching the high-scoring teams at Guilford College.

Diag. 3 delineates our 54 Hand-Off to the left half which hits so quickly it often catches the defense off balance. Our left half looks for daylight, while our linemen block straight ahead.

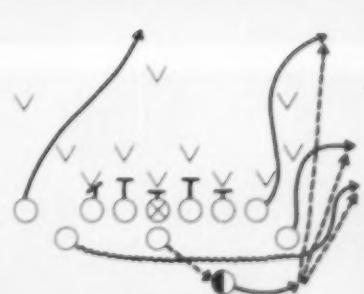
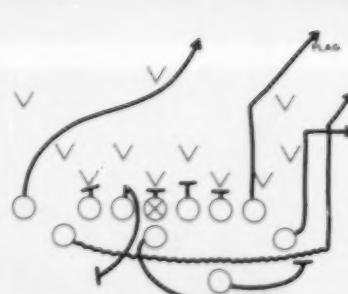
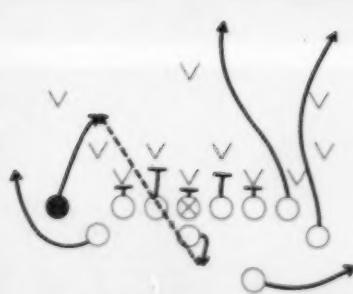
Diag. 4 illustrates the quick-pitch long gainer that enables us to get outside quickly. We use a halfback pass (**Diag. 12**) whenever the defensive halfback comes up too fast.

In **Diags. 5-6** we use both a quick trap and a delayed trap to keep the defense from pursuing too fast. We've found the delayed trap to be more effective than the quick trap. Our quarterback sneak (**Diag. 7**) has been effective off this formation.

Diags. 8-9 are counter plays that are run quick to the weak side against rotation or overshifted defenses.

Diags. 10-11 are passes we employ from our "flying wing" formation. In **Diag. 10** we like to hit our LE if he's open, but will fake to him and hit our left halfback in the flat if the end is covered.

We feel sure any coach can improve his offense with a spicing of flying wing.



By BILL WALSH, Assistant Coach, University of California

Multi-Stage Passing

SINCE a perfect defensive reaction would theoretically stop any attempted offensive maneuver, it's up to the offense to somehow exploit this so-called perfect reaction. The idea is to make any defensive reaction a mistake.

That, of course, takes some doing. But it can be done, by developing maneuvers that unfold after the ball has been put into play, according to the defensive reaction to their keys or specific duties.

A maneuver of this type could be operated from a basic pattern that offers more than one opportunity to the attacking team. An initial maneuver could be attempted. If its success is doubted, another is immediately launched. And possibly if this doesn't show promise, another could be initiated.

This would actually add one or more stages to the original maneuver. A sequence of this nature

could be termed a multi-stage maneuver.

My first article last month dealt with the evolution of such an attack and the two stages of a roll-out sequence. Now let's proceed to the next multi-stage sequence.

Drop-Back Pass Sequence (three-stage). This sequence is designed specifically as a passing maneuver. It's a three-stage affair that attempts to bring pressure upon every defender. The key to its success lies obviously in the timing and coordination necessary to develop each stage effectively.

The first stage is the break-in pass, which is attempted from a spot one yard behind the center. The quarterback leaps and attempts to hit one of three possible receivers—**Diag. 1**. Note the problem the defensive linebacker has in protecting his area, with two receivers breaking into it at different intervals.

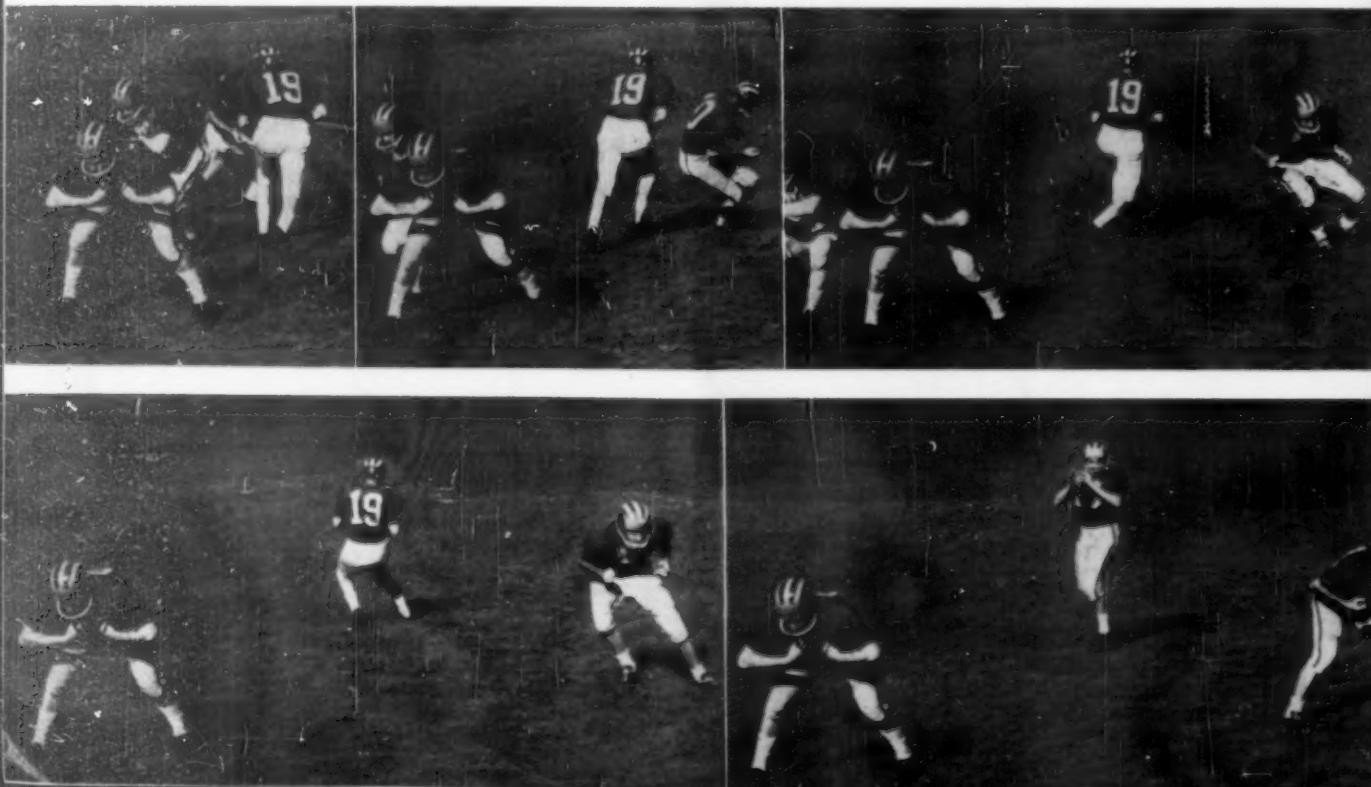
It isn't necessary to force this stage. If the defenders have reacted adequately, the second or third stages

should automatically open. The quarterback should pick his receiver according to defensive positioning before the ball is put into play. He then should jump and hit the receiver as he breaks free.

If the receiver chosen isn't free, the quarterback must immediately retreat to the normal passing point five to six yards deep. He mustn't linger and force the first stage. From this position, he attempts to complete the second stage.

The three receivers immediately convert their original first-stage patterns into those illustrated in **Diag. 2**. The left end breaks back toward the sideline six to eight yards deep, the right end cuts into the center secondary at top speed, and the slot back cuts back to the outside into the defensive left secondary. If reaction to the first stage is complete, these second-stage patterns should free at least one receiver.

Note the timing that's necessary with one receiver breaking into a zone just as another leaves. The de-



(Part 2)

fenders in the secondary will have to adjust with perfect team work and coordination to cover these patterns throughout the second stage. **Diag. 1** offers probable defensive reactions.

The quarterback must throw quickly if pressure develops. This probably will occur because of the time taken for the first stage. As he observes the downfield action, he must be aware of this pressure. If an open receiver isn't found immediately, the quarterback should begin retreating. This is the third stage.

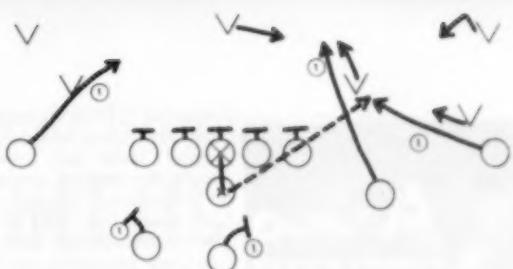
With defensive linemen penetrating toward him, he retreats into a screen pass position. From this point, he attempts to pass to either set back. These back position themselves after acting as blockers for the first and second stages. **Diag. 3** illustrates this third stage, while **Diag. 4** offers the entire sequence.

Individual assignments are as follows:

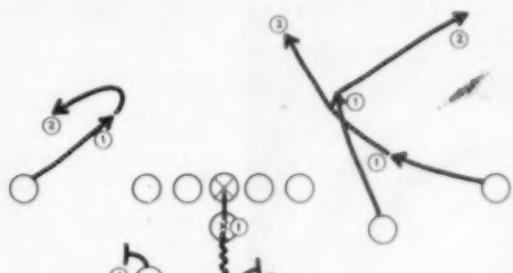
Left End: Execute break-in pattern. If the quarterback only simulates this stage, cut back to the sideline as in-

◀ DROP-BACK PASS

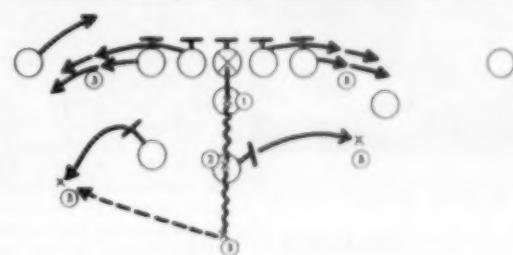
A good drop-back passing pattern from the Winged T. The quarterback fakes to the fullback, who drives into the line and checks. Then the quarterback fakes to the wingback coming around, who takes a couple of steps and then stops to protect the passer's left side. Upon his fifth step back, the quarterback stops and turns, bringing the ball up nicely with both hands. He looks directly forward for deception, then steps left to hit his receiver down that side.



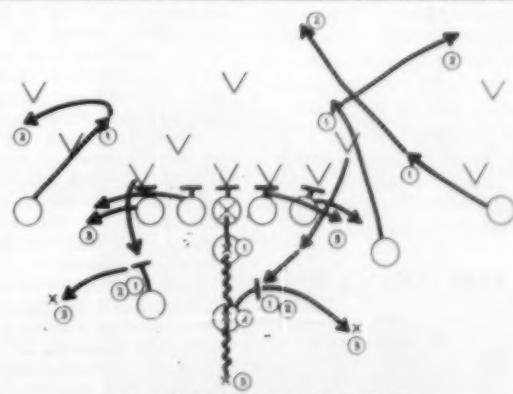
DIAG 1, FIRST STAGE OF DROP-BACK SEQUENCE



DIAG 2, SECOND STAGE OF DROP-BACK SEQUENCE

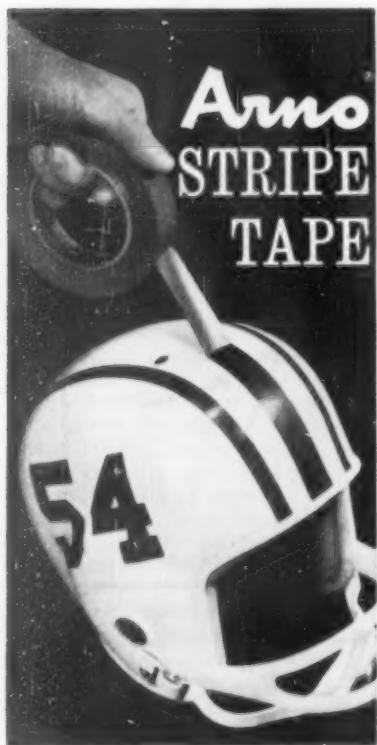


DIAG 3, THIRD STAGE OF DROP-BACK SEQUENCE



DIAG 4, DROP-BACK SEQUENCE





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dicated in **Diag. 2**. Be prepared to block for the third stage. Attempt to run away from any covering defended with the second stage pattern.

Right End: Execute a shallow break-in maneuver. If this maneuver is simulated, break into the center secondary prepared to receive the ball at any time.

Slot Back: Execute a diagonal break-in pattern as illustrated. If the first stage is simulated, break back into the defensive left secondary. The cut must be sharp and with all possible speed. Attempt to run away from a three-deep safety and the defending halfback. The ball can be thrown at any time.

Interior Line (Tackle to Tackle): Wait in a low balanced stance at the line of scrimmage. As defenders pressure, meet them aggressively and give ground reluctantly. Defenders cannot be permitted to penetrate for the first stage to operate effectively. Contact must be maintained, if possible defenders should be driven toward the middle and piled up. Tackles may retreat up to two yards as time elapses.

In offering assignments of this nature, it's hoped defenders can be held up to four or five seconds. After this, the third stage should develop naturally. An actual cup of protective blocking should exist only for a moment. These offensive linemen must be aware of the impending screen maneuver and move laterally to act as blockers if possible.

Remaining Backs (Set Backs): Turn immediately to the outside and aggressively block any penetrating defender for a count of four. At this instant, break to a position four to six yards behind the line of scrimmage and from four to six yards outside the offensive tackle. From here, face the passer, prepared to receive the delayed third-stage pass.

After receiving the pass, proceed at own discretion watching for potential blocking linemen. The actions of these individuals call for timing; the move to the outside for the screen pass must be made at exactly the right moment.

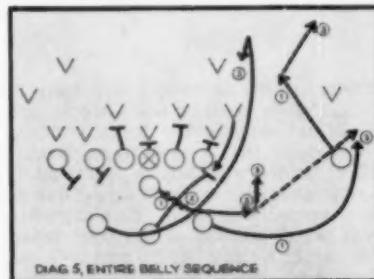
Quarterback: Immediately watch break-in pattern, jump and attempt to hit a receiver chosen according to defensive alignment. If this receiver is covered, retreat to the normal passing position and attempt the deep pass or sideline pattern to the left end. If pressure develops too quickly, retreat until the delayed patterns of the halfbacks open; loft the ball to either.

The quarterback, in most instances, should have a good idea which stage is best suited for the situation at hand. This is the most difficult aspect of this sequence—the quarterback's ability to execute each stage, plus the ability to make the decision of premium importance. If a coach considered this an important part of his offense, he'd have to design his entire passing offense around it and/or variations of it.

Belly Run-Pass Sequence. This is another sequence designed to pressure the defenders outside the offen-

sive tackle. It consists of three stages, each designed to exploit defensive commitment to the others.

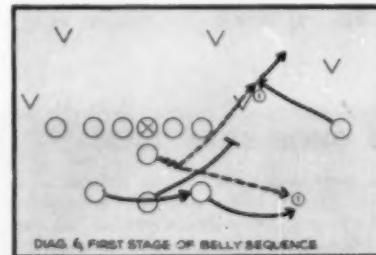
The first stage is a combination break-in pass and quick toss to the split-side halfback; the second stage is the far halfback driving outside tackle in a belly type maneuver; and the third stage is a roll-out action by the quarterback in which he either passes to receivers breaking deep or keeps the ball for a running thrust.



DIAG. 5, ENTIRE BELLY SEQUENCE

Diag. 5 illustrates the entire sequence. Note the activity to the side being attacked; the defenders in this area are brought under extreme pressure. Normally, there are only two defenders located here. If offensive manipulation is competent, they can not meet this sequence without assistance. And, of course, assistance will weaken another area.

The first stage is, to a large extent, decided before the ball is put into play. If defensive alignment doesn't adequately cover the break-in pass or quick toss, they can be executed with almost assured success.



DIAG. 6, FIRST STAGE OF BELLY SEQUENCE

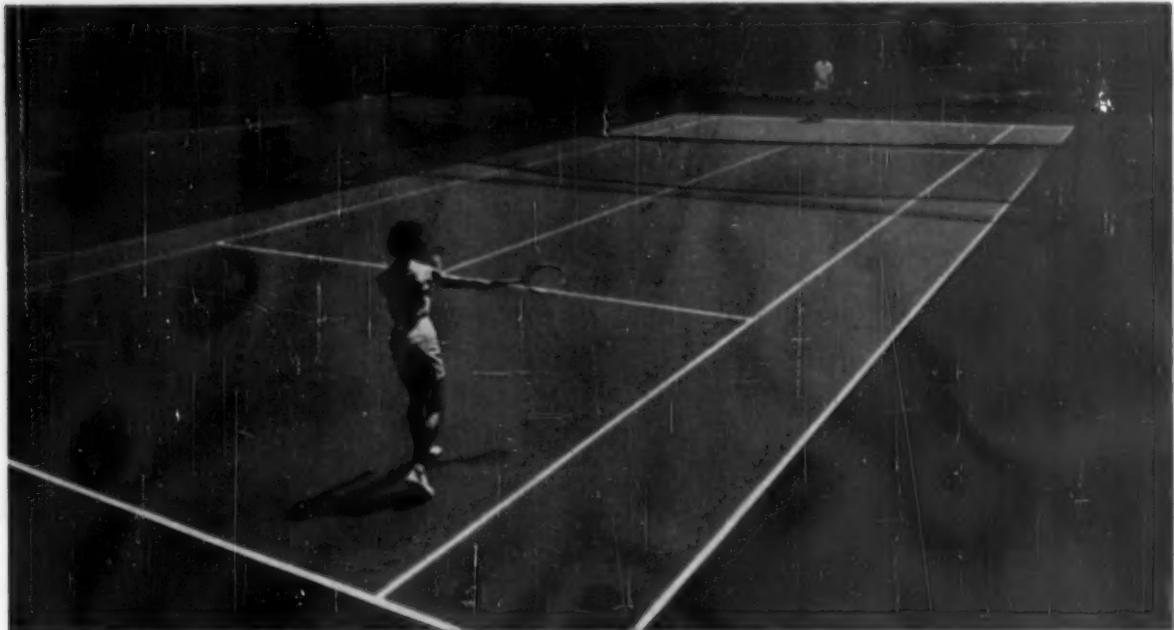
Diag. 6 offers poor defensive coverage. It's extremely difficult for the outside linebacker (wing) to meet both first-stage alternatives. If commitment is to the inside and the pass, the quick toss should be free. If commitment is to the inside and the pass, the quick toss, the break-in pass will automatically open. The decision should be made before or a split second after the ball is centered.

The second stage, or off-tackle thrust, is utilized first if the original defensive alignment is suited for it, and second if defensive commitment to the first stage is to the inside. Also, if the wing penetrates excessively to the outside (straight across) this maneuver should show success.

Diag. 7 offers this stage. In this situation the second stage is employed because of the defensive alignment and too much penetration.

The third stage should enjoy suc-
(Concluded on page 42)

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Training New Recruits in Cross-Country

MANY a cross-country coach has been confronted with the dilemma of starting a new season with few if any holdovers around whom to form a representative team. What can he do under these circumstances? Very little, other than settling down to a nose-to-the-grindstone program, calling on all his ingenuity and know-how.

First off, he'll have to beat the bushes for new recruits. The virtues of cross-country must be extolled to the utmost throughout the width and breadth of the school.

Articles in the student newspapers, posters, talks at student assemblies, movies of the Olympics, personal contacts with students in the physical education classes, a drive by the present team members to interest others, talks by other teachers, spot announcements during the school day by megaphone

or public address system, personal appearances by outstanding distance runners—all these are tried-and-true devices that should bring out some new candidates.

The other source of raw material is the track squad. Too often, the cross-country candidates are solicited only from the ranks of the middle distance and distance runners. But seek among the others and you may find an occasional diamond in the rough. There's no reason why all but possibly a few of the really heavily set weight men cannot be a potential source of cross-country material—and even they can profit from cross-country training, regardless of whether they make the squad or not.

Selling cross-country training to a group of trackmen disinterested in anything but their own specialty shouldn't prove to be too much of a

chore, especially if the cross-country coach doubles as the track mentor. Nowadays, world records are being broken ad infinitum because of the revolutionary training methods that make it possible for athletes to carry their speed over greater distances. This means that endurance is being developed to higher levels.

All of the coaches who've been successful in producing champions agree that to improve endurance an athlete must go through the proper combination of work-outs that involve building-up exercises, repeated short-distance running, and over-distance training. And most of these coaches also agree that the over-distance training should come either out of season or during the early part of the season. Since the training period in the spring isn't sufficiently long to permit this, the fall would be the logical time to work on building stamina.

In those schools where the cross-country and track coaching is handled by different individuals, a selling job may be necessary in order to get the trackmen out for cross-country. The merits of endurance training should be cited, with particular stress on the methods of the Russians and the Australians to show

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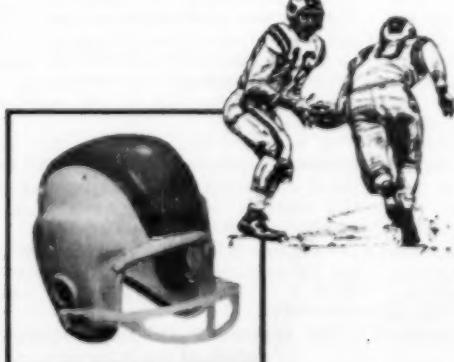
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how far and how quickly they've come in developing record-breaking athletes.

The track coach should be impressed with the idea that the track man who's idle in the fall is the one whose conditioning and development will suffer in the spring. It may be well to indicate that you can alleviate the track coach's load by keeping active the squad members who'd otherwise be getting soft through inactivity.

Once the cross-country coach has marshaled his forces, such as they are, he's ready to go to work. Under the conditions that prevail, he should proceed as if he had two separate squads—one of beginners, and this would include the recruits from the track team, and the other of his experienced cross-country runners.

Both groups should be trained as separate entities. This is all the more necessary since the track-team members are actually participating in endurance training and aren't out for cross-country—at least that's what the sly fox of a cross-country coach would have them believe.

Handling newcomers in cross-country calls for the use of a modicum of applied psychology and TLC (Tender Loving Care). First and foremost, it's important to build up the confidence of these neophytes. This can be done by arranging the work-outs in a subtly graduated manner—increasing the distances so gradually as to obviate the possibility of anyone questioning his ability to perform the assigned unit of work.

At no time during the early training period should the work-out be such that it cannot be completed. Failure to complete any of these early assignments will do irreparable harm and destroy rather than develop confidence.

Another equally important aspect of the training program is the physical development of the beginners. This is part and parcel of the over-all goal of building confidence. It's accomplished by adding a careful program of calisthenics, since the building and strengthening of certain muscle groups are conducive to large scale improvement in performance.

Swimmers, boxers, wrestlers, baseball players, and many others have made tremendous strides in their sports by including building-up exercises in their training routine. Cross-country should be no exception, particularly with the type of group we're concerned with in this article.

Both the running and the calisthenics have to be carefully graded in order to accomplish their aim. As for the calisthenics, there are many possibilities. No doubt, each coach will have his own theories along these lines and will be able to devise combinations in line with his thinking. Bending, stretching, twisting, and leg, arm, and trunk lifting and flexing should all be worked into the sequences.

Remembering that we're dealing with a group that has to be handled carefully, these exercises should be few in number and moderate in severity for the first few days of practice, then ever so gradually increased after the initial period of soreness has disappeared.

As a matter of fact, soreness can be prevented by limiting the calisthenics during the first four days to a maximum of five minutes, and restricting the running as will be recommended later on.

Exercises with weights, or their equivalent, should also be added to the calisthenics in ever-increasing doses. Muscle groups of extreme importance in running are those involving the use of the legs and abdomen. Arm exercises should also be included, although they needn't be emphasized as much as the leg and abdominal movements.

Weighted shoes can be secured at a nominal cost, and a barbell with adjustable weights is also a handy piece of equipment to have. If weights cannot be obtained, the students can work in pairs. By placing their hands on their partner's ankles or shoulders, they can provide the resistance needed for this type of activity.

MUSCLE-BUILDING EXERCISES

Following are some of the exercises that will aid in the muscle-building program:

With weighted shoes or in pairs with another student offering resistance:

1. From a supine position—single leg lift, double leg lift, single leg lift, and sidewise movement, both legs lifted and spread apart, flutter kick, single leg flex, double leg flex, bicycling movement.

2. From a prone position—single leg lift, single leg lift and and sidewise movement, double leg lift, both legs lifted and spread apart, flutter kick, single leg flex, double leg flex.

With barbell balanced on shoulders, behind the neck, holding with both hands:

1. Deep knee bends—down slowly and rise quickly.

2. Vertical jump and squat.

3. Toe rises.

The running portion of the conditioning program should be worked out very carefully. It's important that the first few work-outs be very light, not only to avoid muscle soreness but to avoid extending any of the boys to the point where they might fail to complete every step of the assigned running.

A schedule that satisfies this requirement, which will carry into the third or fourth week, depending on the number of practice sessions a week, is indicated below:

1st day—5 minutes of calisthenics; jog 100 yards; walk 100 yards. (Repeat until a total of 800 yards has been covered.)

2nd day—5 minutes of calisthenics; (Continued on page 40)



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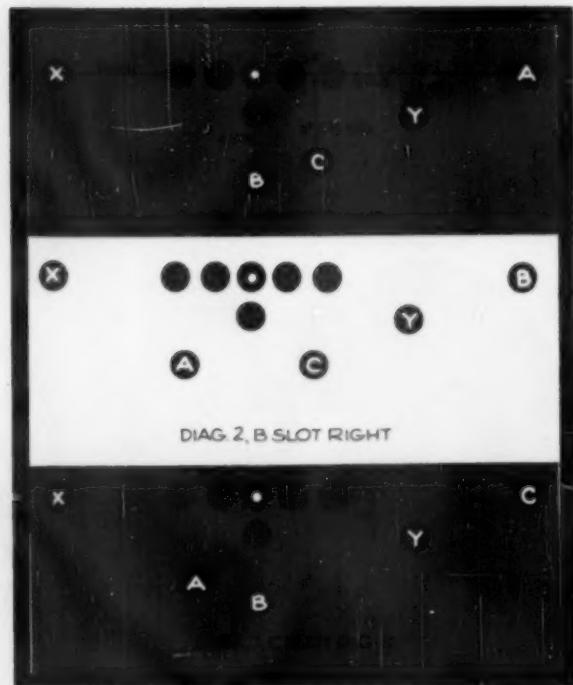
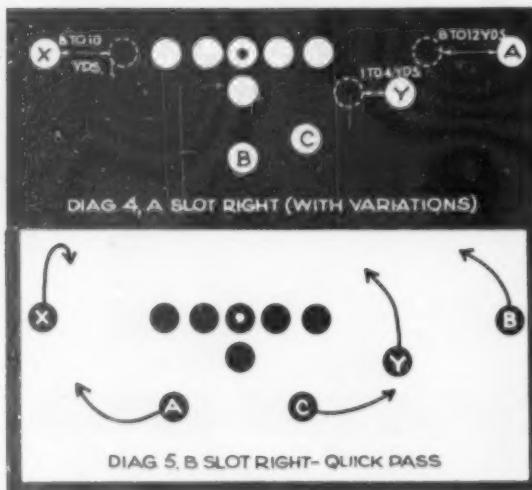
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SLOT T with Variations

COLUMBIA HIGH has successfully employed the Slot T as its basic offense for the past three seasons. A well-balanced attack has been developed by adapting five basic series. Since the blocking rules proved no more complicated than they were in our Tight T, our players made the adjustment easily. We found them to be very enthusiastic about the new formation.

The variations of the Slot T present many defensive problems for opposing coaches, since it's possible to run and pass from approximately 18 different formations. The defense must also be prepared to cover a much larger area.

The defense must be kept honest by developing: (1) a power series inside, (2) a quick pass, and (3) a strong outside attack.

Our Slot T offense employs a balanced line with the linemen using

a four-point stance. The splits of the interior linemen are constant, with the guards being 12 inches from the center, and the tackles 24 inches from the guards.

The offside end varies his distance 1 to 8 yards from the tackle, according to his assignment. The onside end is employed 1 yard off the line of scrimmage and 1 to 4 yards from the tackle in the slot. We feel it's advantageous to employ the end in the slot to make better use of his size and blocking ability.

A halfback or fullback is positioned on the line of scrimmage 8 to 12 yards from the tackle. The other back employs a three-point stance $3\frac{1}{2}$ yards behind the line, splitting the inside leg of the tackle. The deep back assumes a squared three-point stance 4 yards behind the center.

For simplicity in calling forma-

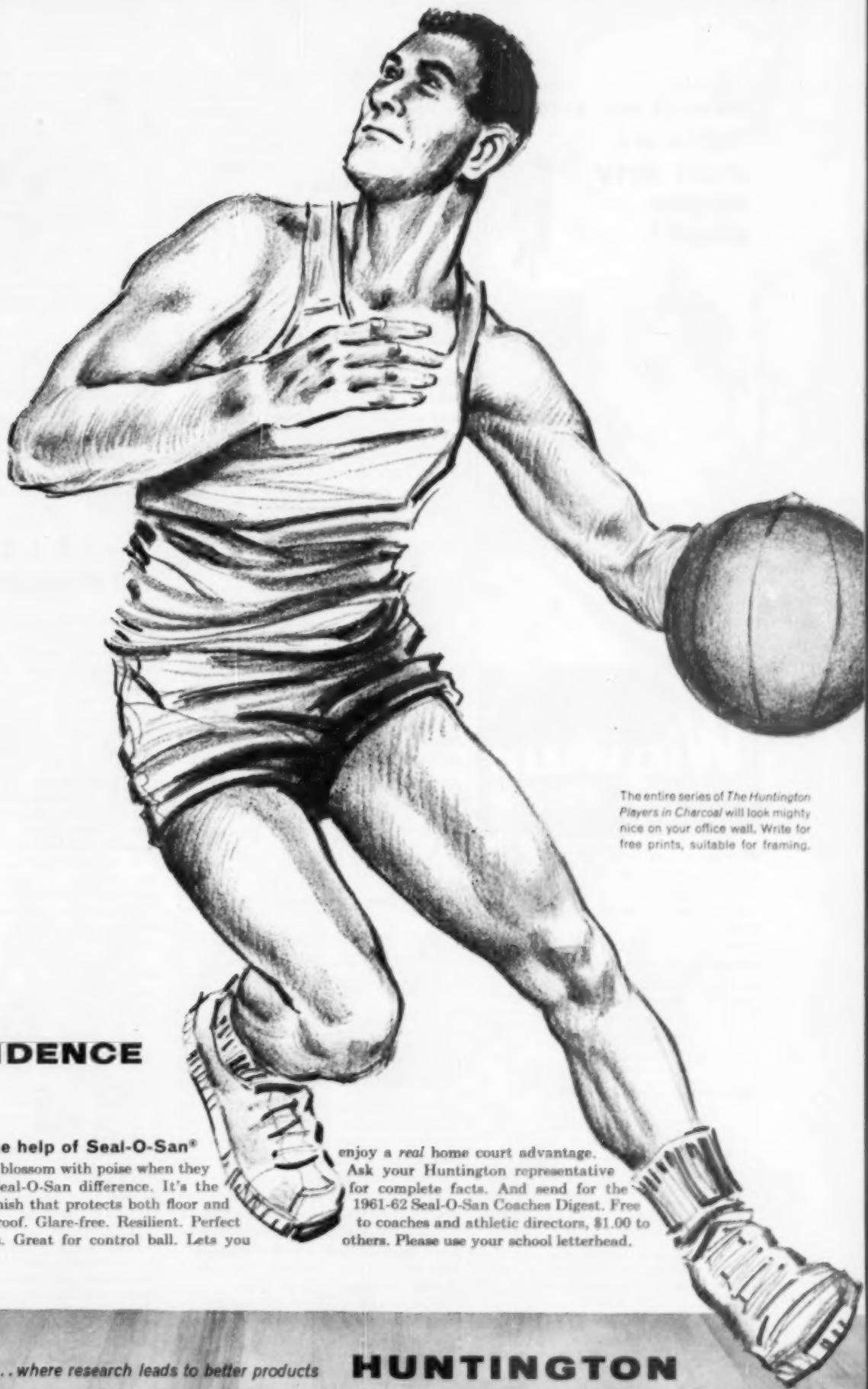
tion and plays, our ends and backs are lettered as shown in **Diag. 1**.

In our huddle, three calls are made by the quarterback: (1) formation, (2) play number, (3) snap number. The quarterback must be schooled in selecting the formations best suited for each offensive play.

It's possible to run all plays from more than one formation. **Diags. 1-3** illustrate the basic variations of the Slot T set up to the right, while **Diag. 4** shows the flexibility of the offside end, slot end, flanked back.

Our Option Series includes the quarterback sneak, halfback dive, option pass or run, and the quick pass. **Diag. 5** illustrates the quick pass from the Option Series. The defense must always be prepared to stop the Quick Pass, since it becomes an automatic when not covered properly.

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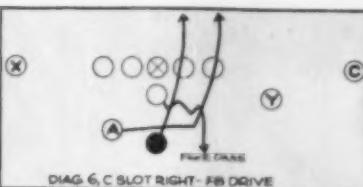
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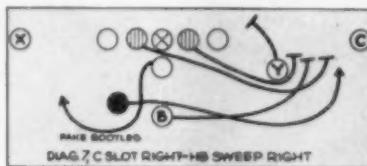


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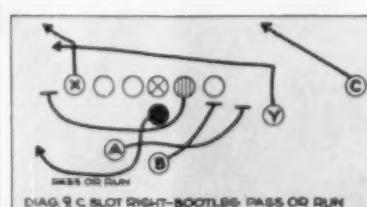
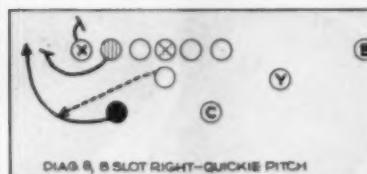
plays with the fullback and offside halfback carrying, fullback counter, and the action flood pass. A successful Drive Series will help keep the defense honest inside. The play with the fullback carrying over guard is illustrated in **Diag. 6**.



The Power Series has been devised to include fullback and halfback wedges, fullback off tackle, halfback sweep, reverse, and sweep pass. **Diag. 7** illustrates the halfback sweep, one of the most dependable plays from the Power Series.



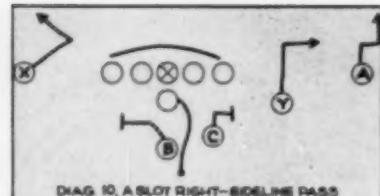
The Roll-Out Series has proven to be a very effective part of the Slot Offense. The important plays are the roll out, bootleg, quarterback keep, and quickie pitch to outside halfback. The quickie pitch can be used as an automatic when the defense overshifts to the slot side.



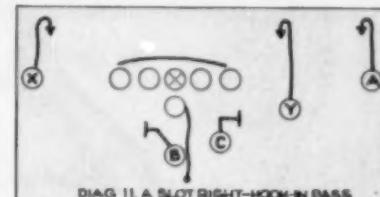
The quickie pitch is illustrated in **Diag. 8**, while **Diag. 9** shows the bootleg option pass or run. The bootleg is also a very effective play against a defensive overshift.

The Straight-Back Pass Series has been devised to take full advantage of the offensive spread. The quarterback calls the pattern in the huddle. This Series also includes the draw, shovel pass, and screen pass.

A sideline pattern is shown in **Diag. 10**, while **Diag. 11** illustrates the hook-in pattern, a most effective pattern from the slot.



DIAG. 10, A SLOT RIGHT - SIDELINE PASS



DIAG. 11, A SLOT RIGHT - HOOK-IN PASS

The Slot T has been used successfully by many professional teams for the past few years, and we've found that it can be easily adapted to high school football.

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 4. Receives payment from a pro team or plays in any sport with a pro team or with pro players.
 5. Practices or tries out with a pro team even though he receives no expenses or payment therefor—without written permission from the appropriate athletic authority at his institution.
 6. Receives compensation for a radio or TV appearance.
 7. Accepts an award which doesn't comply with reasonable specifications as to value, type, and source.
 8. Participates in an athletic contest under a false or assumed name.
 9. Has ever been a member or played on any team in the American Soccer League, or played with a soccer team listing paid or pro players as teammates or opponents.
- High school athletes know little or nothing about the eligibility codes of the various conferences, and thus are prone—unwittingly—to jeopardize their amateur standing or lose their eligibility for college competition. Coaches can render their boys a service by bringing these essential rules to their attention.

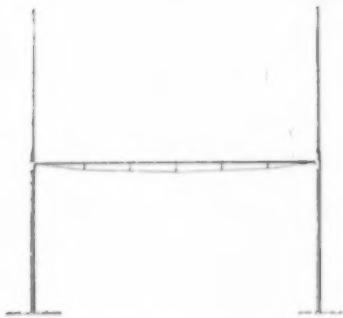
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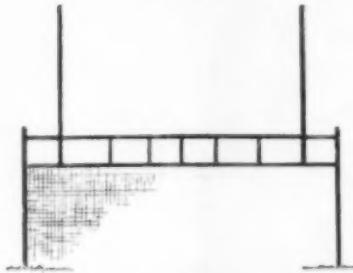
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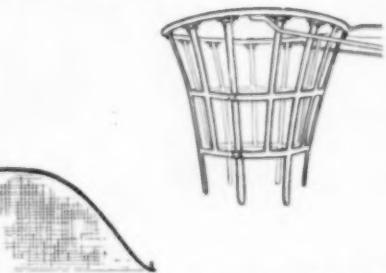
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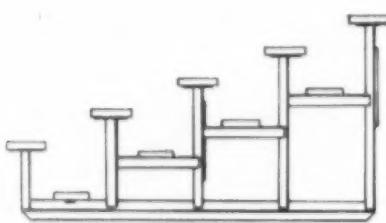
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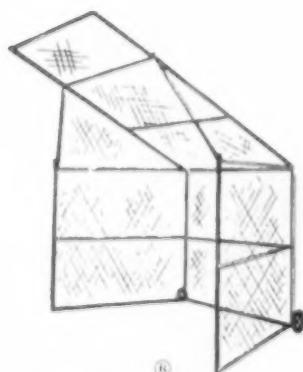
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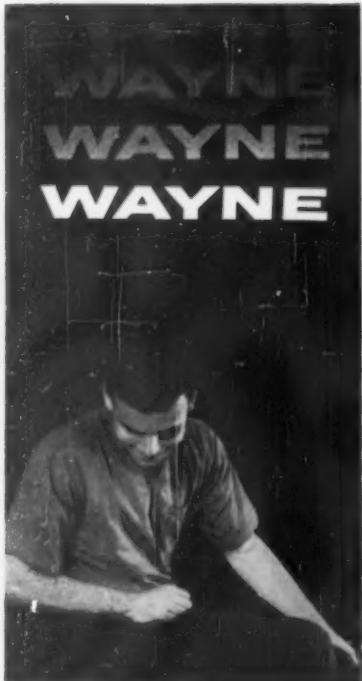


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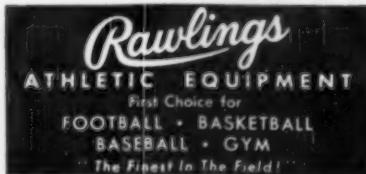
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Backstops

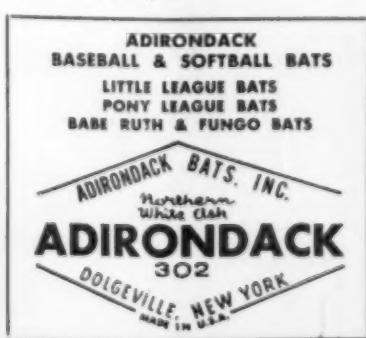
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School Equipment Sales

Shoes

(See special listing under Shoes)

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WRITE DIRECTLY TO THE COMPANIES FOR THEIR CATALOGUES. ADDRESSES WILL BE FOUND ON PAGE 26. FOR ADDRESSES NOT LISTED WRITE SCHOLASTIC COACH, 23 WEST 42ND ST., NEW YORK 36, N. Y.

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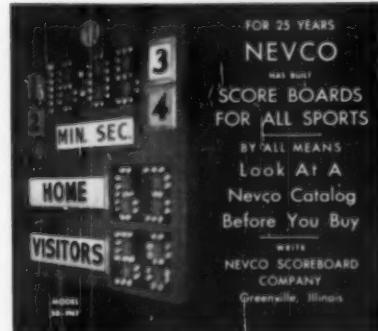


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Westchester Luggage Co.

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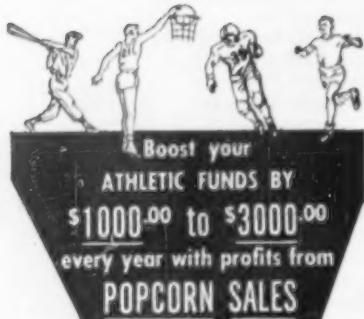
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M & S Mfg. Co., Hudson, Mich.

Mercury System
Ohio Athletic Specialty Co.

SPEED CLEAT
Fastest, lightest,
nylon cleat available
Locked-in tip and
thread
Minimum diameter
shank "digs-in"
Full color range—
red, gold, natural
(white)

OHIO ATHLETIC SPECIALTY CO.
133 Buckeye St. Elyria, Ohio

WRITE DIRECTLY TO THE COMPANIES FOR
THEIR CATALOGUES. ADDRESSES WILL BE
FOUND ON PAGE 26. FOR ADDRESSES
NOT LISTED WRITE SCHOLASTIC COACH,
33 WEST 42ND ST., NEW YORK 36, N. Y.

F. C. Phillips, Inc.
Post Mfg. Co.
Rawlings Sporting Goods Co.
John T. Riddell, Inc.
A. G. Spalding & Bros.
Taylor Mfg. Co.
Wilson Sporting Goods Co.
Wright Products Co.
Wyatt's Plastics, Inc.

Coaching and Training Aids

Ace Products, Inc. (scouting forms book)
Arkay Co. (Coach-Player Portable
Communication System)
Coaching Aids (football scouting)
Dahlman Products (kicking toe, kicking
tee)
Ernie Godfrey (place-kicking guide and
film)
Jacronda Mfg. Co. (magnetic coaching
board)
Maggie Magnetic (magnetic diagram
board)



Program Aids Co. (magnetic coaching kits
ERASO posters and charts)



Arrow System
Athletic Device Co.
Atlas Athletic Equipment Co.
R. E. Austin & Son
Ball & Hale
Bob Canning, Inc.
Rae Crowther Co.
Field and Gym Supply
Marty Gilman Inc.
Man Makers Football Machines
National Sports Co.
Gordon Paschka (bucking & charging
harness)
Rawlings Sporting Goods Co.
Renfro-Eagle Corp.
Stackhouse Athletic Equipment, Inc.
Vibr-Whirl & Co.
Wilson Sporting Goods Co.

Dummies, Sleds and Machines

Aleco Mfg. Co.
Ace Products, Inc.
All American Trainer
Arrow System
Athletic Device Co.
Atlas Athletic Equipment Co.
R. E. Austin & Son
Ball & Hale
Boed Head Blocker
Bob Canning, Inc.
Rae Crowther Co.
Field and Gym Supply
Marty Gilman Inc.
Man Makers Football Machines

National Sports Co.
Gordon Paschka
Rawlings Sporting Goods Co.
Renfro-Eagle Corp.
Stackhouse Athletic Equipment, Inc.
Vibr-Whirl & Co.
Wilson Sporting Goods Co.

Goal Posts

R. E. Austin & Son
Game-Time, Inc.
Gymnastic Supply Co.
Jamison Mfg. Co.
Stackhouse Athletic Equipment, Inc.

Protective Devices

Air Pad & Brace Co. (pneumatic braces
and protectors)
Athletic Products Co. (knee brace)
Benson Optical Co. (safety glasses)
Contact Lens Specialists (contact lens)
Dean Sales Co. (Denta-Gard)
Elmer's Handicaps (braces)
Featherlax Corp. (mouth protectors)



FEATHERLAX CORP.
4112 FANNIN STREET • HOUSTON, TEX.

Wm. Getz Corp. (mouth protectors)
Geo. Gillis Shoe Corp. (knee and elbow
protector)
Wm. Horn & Bros. (braces)
Jung Products, Inc. (elastic braces)
King-O'Shea (shoulder, hip, and kidney
pads)
The MacGregor Co.
McMillan Sports, Inc. (face guard)
Marietta Co. (plastic masks)
Mill-Mont Co. (mouth guard)
Milwaukee Plast-O-Guard Co. (mouth
protector)
Nocona Leather Goods Co. (shoulder pads,
helmets)
O-C Mfg. Co. (knee and elbow guards and
caps, anklets, protective cup and
supporter, ankle wraps)
Ohio Athletic Specialty Co. (double face
bar)
Pecosite Equipment Co. (protective gear)
Pla-Saf Co. (face guard)
Pocono Fabricators, Inc. (face guard)



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by

Champion

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Each: \$5.00

PANTS

Champion's Nylon-Cotton shell pant. Washable, wearable, and durable. Extra strong re-inforced construction. In stock for immediate delivery in sizes: 28-42.

NYP / Nylon-Cotton. Zipper front. White only. Each: \$5.45

NYP/L. As above. Lace front. White only. Each: \$5.45

1 or 2 color $\frac{3}{4}$ " braid now available. To Order Only. Per Pant: \$5.00

WRITE FOR ALL NEW ATHLETIC CATALOG

CHAMPION KNITWEAR CO., INC.
115 College Avenue
Rochester 7, New York

Post Mfg. Co. (face protectors)
Precision Athletic Goggle Co. (goggles)
Protection Equipment Co. (protective equipment)
Protex-All Mfg. Co. (face guard)
Rawlings Sporting Goods Co.
John T. Riddell, Inc. (safety suspension helmets)
Roberts Dental Mfg. Co. (mouth guard)
Safe-Play Goggle Co. (shatterproof glasses)
Shur-Fit (mouth protector)
The Siligard Co. (mouthpiece)
Smith & Waite (knee braces)
Tuffy Pad Co. (pads for blocking machines)
Vettex Co. (mouth protectors)
W. J. Voit Rubber Corp.
Wilson Sporting Goods Co.

Scoreboards (Electric)

All-American Scoreboard Corp.
M. D. Brown Co.

Scoremaster

ELECTRIC FOOTBALL SCOREBOARDS

Modernly designed to meet today's requirements. Completely automatic.

Best in performance and visibility.

Write for free literature.

M. D. BROWN CO.

2234 LAKE ST. NILES, MICH.
"When Split-Seconds Count, Count On Scoremaster"

Fair-Play Scoreboard Co.

FAIR-PLAY SCOREBOARDS



If timing and scoring are important, Fair-Play has a scoreboard for the job—Football, Baseball, Basketball, Track, etc., even triple-duty boards. Write for Football Catalog 76; Basketball Catalog 27A; Baseball Catalog 81.

FAIR-PLAY SCOREBOARDS

Dept. SC Box 359 Des Moines 2, Iowa

Gymnastic Supply Co.
Naden Industries
Neveo Scoreboard Co.
School Equipment Sales

Shoes

(See special listing under Shoes)

Special Equipment

Behrens Mfg. Co. (portable water carrier)
Butwin Sportswear (football parkas)
Hodgman Rubber Co. (sideline parkas and caps)
Ivory System (laces)
Lion Air-Sac Co. (equipment bags)

Hodgman ATHLETIC CLOTHING KEEPS
YOUR TEAMS WARM AND DRY.

No. 170 Horcohyde Deluxe Hooded Cape
No. 160 Horcohyde Little Leaguer Cape
No. 169 Horcohyde Sideline Parka
No. 179 Horcohyde Parka for Bands

HODGMAN
CONDITIONS YOUR TEAMS, TOO.
No. 144 Nylon Warm up Jacket
No. 142 Nylon Wrestler Pullover and Conditioning Shirt

Write for catalog

HODGMAN RUBBER COMPANY
Framingham, Massachusetts

M & E Sales Co. (linesman's chains line markers)

The MacGregor Co.
Charles W. Nutting Co. (repair kits)
Ohio Athletic Specialty Co. (cleat wrench)
Raleigh Reconditioners (linesman's chains line markers)
Rawlings Sporting Goods Co.
Sington Spot-Chek (uniform-vest for linemen and chainmen)
Snitz Mfg. Co. (tote bags for uniforms)
A. G. Spalding & Bros.
W. J. Voit Rubber Corp.
Wilson Sporting Goods Co.

Uniforms

Allied Cheer Leader & Bowling Uniform Co.
Ameo Athletic Apparel Equip. Co.
Champion Knitwear Co.
General Athletic Products Co.



General FOOTBALL CLOTHING

Jerseys, Knit Shells, Stockings, Girdle, Hip Pads, Practice Clothing. See your local sports dealer, or write—
The General Athletic Products Co., Greenville, O.

Arthur Kahn Co. (uniform cloth)

King-O'Shea
Ohio Athletic Specialty Co. (practice pants)
Post Mfg. Co.
Powers Mfg. Co.
Rawlings Sporting Goods Co.
Red Fox Mfg. Co.
Sand Knitting Mills Corp.



- FOOTBALL Jerseys pants accessories
hose sideline clothing
 - AWARDS Sweaters jackets blankets
 - BASKETBALL Shirts pants hose warmups
 - TRACK Shirts pants warmups
 - WRESTLING Tights trunks shirts helmets
- SAND KNITTING MILLS CORP.**
The finest and most complete line of exclusive Athletic Knitwear and Clothing
BERLIN • WISCONSIN

Spanjian Sportswear
Spotters Numerals
Wilson Sporting Goods Co.
Wilton Mfg. Co. (jerseys)

GOLF

Complete Equipment

Dunlop Tire & Rubber Corp.
General Sportcraft Co., Ltd.
Golcraft
Golf Development, Inc.
Hillerich & Bradsby Co.
Kroyden Corp.
The MacGregor Co.
Rawlings Sporting Goods Co.
A. G. Spalding & Bros.
Wilson Sporting Goods Co.
Wittek Golf Range Supply Co., Inc.

Accessories

Aberdeen Products (club covers)
Belmont Mfg. Co. (Tidy Pak)
Charles F. Clark, Inc. (hed-mits)

Balls

Acushnet Co.
The Bartsch Co. (personalized)
Caprico International, Inc.
Dunlop Tire & Rubber Corp.
First-Flight Co.
Golf Development, Inc.
Great Lakes Golf Ball Co.
The MacGregor Co.
Pennsylvania Sporting Goods Co.
Plymouth Golf Ball Co.
Rawlings Sporting Goods Co.
A. G. Spalding & Bros.
Wilson Sporting Goods Co.
Worthington Ball Co.

Carts

A. J. Industries Corp.
Breeze Club Cart

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5128 W. NORTH AVE.,
CHICAGO 39, ILL.

Complete line of golf supplies and equipment for indoor and outdoor practice ranges, golf courses and pro shops.

Golf mats, golf balls, golf clubs, and all types of netting for golf practice at wholesale prices.

**WRITE FOR
ILLUSTRATED
CATALOG
AND PRICE LIST**

WRITE DIRECTLY TO THE COMPANIES FOR THEIR CATALOGUES. ADDRESSES WILL BE FOUND ON PAGE 26. FOR ADDRESSES NOT LISTED WRITE SCHOLASTIC COACH, 33 WEST 42ND ST., NEW YORK 36, N. Y.

The Hebbe Co.
Jarman-Williamson Co.
Nadeo Sporting Goods
The Rutledge Co.
United Metal Products Corp.

Clubs

International Golf Products
Northwestern Golf Co.
True Temper (shafts)

Training Devices

Borm Mfg. Co. (scorekeeper)
Scotch Fairways, Inc. (practice net)
Sinclair & Rush (practice ball)
Swing-Tip Co. (swing expander)
Trade Mfg. Co. (portable driving range)

Special Equipment

Aberdeen Products ("contact" for grips)
Lamkin Leather Co. (leather grips)
Pro-Care Corp. (conditioning kit)
Stackhouse Athletic Equip., Inc. (nets)

GYM EQUIPMENT

Complete Equipment

Aaleo Mfg. Co.
Champion Recreation Equipment, Inc.
Fenner-Hamilton Corp.
Game-Time, Inc.
Gym Master Co.
Gymnastic Supply Co.

GYMNASTICS
SHOES HAND GRIPS
PANTS GYM MATS
CHALK APPARATUS
GYMNASTIC SUPPLY CO.
SAN PEDRO, CALIFORNIA

Nissen Medart Corp.

INSIST ON - THEN SPECIFY

MEDART
930 27th Ave., S.W., Cedar Rapids, Iowa

Nissen Trampoline Co.
Porter Athletic Equipment Co.
Rawlings Sporting Goods Co.
School Div. of The Brunswick Corp.
Stackhouse Athletic Equipment, Inc.
State Sporting Goods Co.
Wilson Sporting Goods Co.

Dividing Nets

The Carron Net Co.
Gymnastic Supply Co.
The Linen Thread Co., Inc.

Mats

Aaleo Mfg. Co. (gym mat rebuilding)
American Playground Device Co.

Lamkin

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"SLIP-ON GRIPS"

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Now, a golfer's favorite club can feel better than ever when worn grips are replaced with the sensational new Lamkin Leather "Slip-On" Grips! Hand wound, over-tapered cork and rubber listings, these grips insure sensitivity and pliancy and new-club freshness. Uniform in size, they will always stay in balance. And they're so easy to install. These are true all-weather grips; they'll never crack or dry out. Lasting tackiness gives security against slip; torque is eliminated. A terrific item for golf and pro shops . . . Nine combinations of solid or alternating colors.



9 smart colors

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Ask your pro or
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COVERS**

ASK YOUR PRO!

Here's a style 'birdie' for the golfer who demands a dash of individuality! Select your color preference — to identify his college, organization or country club. Numerals and design are process printed—in color to order—made from top quality cow hides, chemically treated to repel water. Designed to hug the club head contour, covers are fully flannel lined—each with sturdy metal swivel and leather draw cord. Available with personal club signature in gold.

ABERDEEN PRODUCTS

406 North Aberdeen Chicago 22, Illinois
A division of Lamkin Leather Co.

Arrow System
Atlas Athletic Equipment Co.
Gymnastic Supply Co.
National Sports Co.
Nissen Medart Corp.

Free! A Manual that answers your questions about gym floor maintenance!



The new Huntington Gym Floor Manual speaks the language of the maintenance man and covers every gym floor problem from sanding and refinishing to the latest clean-up hints and short cuts for daily maintenance. Send for it right now. It will show you how to reduce maintenance costs yet keep your gym floor in perfect condition. • Huntington Laboratories, Huntington, Indiana, Philadelphia 35, In Canada: Toronto 2.



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Your nearest MULTI-CLEAN Man will help you pick proper materials and supervise application. Call him today . . . or write MULTI-CLEAN for Information Bulletin, "Multi-Clean Method For Finishing And Maintaining Your Gymnasium Floor".



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Method

MULTI-CLEAN PRODUCTS, INC.
Dept. SC, St. Paul 16, Minnesota

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Porter Athletic Equipment Co.
Premier Athletic Products Corp.
Protection Equipment Co.
Raleigh Athletic Equipment Corp.
Resilite Sports Products
U. S. Mat Co. Div., Service Canvas Co., Inc.
Volland Mat Co.

Special Equipment

American Playground Device Co. (outdoor physical conditioning equip., gym basket racks)
R. E. Austin & Son (mat racks, uniform racks, mat hangers, volleyball standards)
Colsoft Horn Co. (whistles and horns)
Cosom Corp. (Scoop and Fun Ball Set)
Frank Endo (leather hand grips)
Gym Scooters
Gymnastic Supply Co.
Jayfro Athletic Supply Co. (steel chain basketball nets)
Klaudi Products (gym doorway bar)
Lite Net Tite (net tightener)
Mercury Equipment Co. (corrective equipment)
Minnesota Mining & Mfg. (plastic floor marker)
Nissen Gynport (imported gymnastic equip.)



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"If it's an **AMERICAN**
Trampoline,
it's the **FINEST**"
AMERICAN TRAMPOLINE CO.
Box 368, Jefferson, Iowa

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Buchanan Machine
Fenner-Hamilton Corp.
Game-Time Inc.
Larry Griswold (bed)
Gym Master Co.
Gymnastic Supply Co.
Leflar Enterprises, Inc.
Mac Levy Sports Equip. Corp.
National Gym Products
Nissen Medart Corp.
Nissen Trampoline Co.
Ocean Pool Supply Co.
Recreation Equip. Co.
Sidlinger Prod. Co.

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(Including girls' gym and play suits)

American Knitwear & Emblem Mfgs.

Imprinted T-Shirts • Sweatshirts •
Jackets • Caps • Supporters • Team
Banners • Award Letters • Class
Numerals • School and Championship
Emblems.

Write for catalog

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Dept. SC Plaistow, N. H.

Bedard Slipper & Supply Co. (slippers)
Tom Broderick Co.
Champion Knitwear Co.
Da Val Mfg. Co. (gym pants)
Frank Endo (gym pants)
General Athletic Products Co.
(T shirts—pants—gym shirts)
Gymnastic Supply Co.
National Sporting Goods Co.
Post Mfg. Co.
Rawlings Sporting Goods Co.
Wilson Sporting Goods Co.

Floors

American Bitumuls & Asphalt Co. (Mastic)
Connor Lumber & Land Co.
B. F. Goodrich (koroseal floor)
Jennison-Wright Corp. (kreolite end grain
wood block floors)
Maple Flooring Mfgs. Assn.
Modernwood Co.
Robbins Flooring Co.
J. W. Wells Lumber Co.

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MAJOR TOURNAMENT FLOORS
ACROSS THE NATION



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GYM FINISH

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Let Your Neerby
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this to your satisfaction.



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San Jose, Calif.

Passaic, N. J.

Floor Finishes

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Consolidated Laboratories
Continental Car-Na-Var Corp.
Dodge
C. B. Dolge Co.
E. I. DuPont DeNemours & Co.
Hillyard Chemical Co.
Huntington Labs, Inc.
Masury-Young Co.
Multi-Clean Products, Inc.
National Chemsearch Corp.
The Selig Co., Inc.
Vestal Chemical Labs.
West Chemical Products, Inc.
West Disinfecting Co.

Folding Bleachers

Berlin Chapman Co.
School Div. of The Brunswick Corp.
Gymnastic Supply Co.
Hussey Mfg. Co.
Narragansett Gym Equip. Co.
Safway Steel Products, Inc.
Universal Bleacher Co.
Wayne Iron Works (folding grandstands)

Folding Partitions

Berlin Chapman Co.
The Brunswick Corp.
Holcomb & Hoke Mfg. Co., Inc.
Richards-Wilcox Mfg. Co.
Rolscreen Co.
Torjesen, Inc.

Special Equipment

Cretors Corp. (popcorn equip.)
Gold Medal Products Co. (refreshment equipment)
Gymnastic Supply Co. (mat hangers)
E. K. Mat Hanger Co.
Mitchell Mfg. Co. (choral stands)
Naturalite, Inc. (lighting)
Nissen Gymport (imported gymnastic equip.)
Nissen Medart Corp. (cushioned wainscot, climbing ropes, spotting belt suspensions)

WRITE DIRECTLY TO THE COMPANIES FOR THEIR CATALOGUES. ADDRESSES WILL BE FOUND ON PAGE 28. FOR ADDRESSES NOT LISTED WRITE SCHOLASTIC COACH, 33 WEST 42ND ST., NEW YORK 36, N. Y.

Pittsburgh Stage, Inc. (staging)
Production Associates (equipment racks)
Rilco Laminated Products, Inc. (beams)
Steber Mfg. Co. (lighting fixtures)
Stewart Iron Works (window guards)
Timber Structures, Inc. (beams)
Up-Right Scaffolds (overhead maintenance)
Vogel-Peterson Co. (aluminum coat and hat racks)

ICE HOCKEY

Complete Equipment

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Boston Athletic Shoe Co.
C. C. M. Incorporated
Cooper-Weeks Limited
Rawlings Sporting Goods Co.
Wilson Sporting Goods Co.

Pucks

Seamless Rubber Co.
United States Rubber Co.
Wilson Sporting Goods Co.

Skates

American Athletic Shoe Co., Inc.
Brookfield Athletic Shoe Co., Inc.
Canada Cycle & Motor Co., Ltd.
Endicott-Johnson Corp.

Sticks

Wally Enterprises Limited

Special Equipment

All-American Scoreboard Corp. (electric scoreboard)
The Carron Net Co.
General Athletic Products Co. (jerseys, pants and stockings)
Gymnastic Supply Co. (goals, scoreboards)
Kennedy Sporting Goods Mfg. Co., Inc. (gloves, helmets, pads, pants)
Linen Thread Co. (goal nets)
Program Aids Co., Inc. (magnetic coaching kits)
Raven Industries (rink liner)
Stackhouse Athletic Equip., Inc. (goals)

JUDO

Complete Equipment

Castello Judo Equipment Co.
Gymnastic Supply Co.
Mutual Supply Co.

LOCKER ROOM

Baskets

American Playground Device Co. (also basket racks, cocoa matting)
American Wire Form Corp.
Berger Mfg. Co.
Borroughs Mfg. Co.
Game-Time, Inc.
Gymnastic Supply Co.
Kasper Wire Works

For Efficiency, Economy
and Lifetime Durability

AMERICAN
Approved
**EXTRA HEAVY DUTY
DRESSING ROOM
EQUIPMENT**



Write for Literature



Neubauer Mfg. Co.
Ocean Pool Supply Co.
L. Scheuerman
Stewart Iron Works (wire partitions)
Alan Wood Steel Co.

Deodorants

Atha-Powder
Consolidated Laboratories
C. B. Dolge Co.
Hillyard Chemical Co.
Huntington Laboratories, Inc.
Pennsylvania Salt Mfg. Co.
The Selig Co., Inc.
Vestal Chemical Labs.
West Chemical Products, Inc.

Disinfectants

Cramer Chemical Co.
C. B. Dolge Co.
Hillyard Chemical Co.
Huntington Laboratories, Inc.
Logan, Inc.
Pennsylvania Salt Mfg. Co.
The Selig Co., Inc.
Vestal Chemical Labs.
West Chemical Products, Inc.

Foot Baths

American Playground Device Co.
Cramer Chemical Co.
C. B. Dolge Co.
Everwear Mfg. Co.
Hillyard Chemical Co.
Huntington Laboratories, Inc.
Ocean Pool Supply Co.
Onox, Inc.
Sani-Mist, Inc.
Vestal Chemical Labs.
West Disinfecting Co.

Foot Bath Solutions

American Playground Device Co.
Consolidated Laboratories
Cramer Chemical Co.
C. B. Dolge Co.
Hillyard Chemical Co.
Huntington Laboratories, Inc.
Logan, Inc.
Onox, Inc.
Pennsylvania Salt Mfg. Co.
Sani-Mist, Inc.
The Selig Co., Inc.
Vestal Chemical Labs.
West Chemical Products, Inc.
West Disinfecting Co.

Sandals

Beacon Falls Rubber Footwear
Ocean Pool Supply Co.
Sani-Tread Co., Inc. (locker room slippers)
Wilson Sporting Goods Co.

Showers

Bradley Washfountain Co. (group showers)
Powers Regulator Co. (thermostatic control)

Tile Cleaners

Berman Chemical Co.
Consolidated Laboratories
Continental Car-Na-Var Corp.
C. B. Dolge Co.
Hillyard Chemical Co.
Huntington Laboratories, Inc.
Pennsylvania Salt Mfg. Co.
Vestal Chemical Labs.
West Chemical Products, Inc.

Towels

Bay West Paper Co.
Champion Knitwear Co.
Ocean Pool Supply Co.
Theodore Mayer & Co.
George McArthur & Sons

Uniform Hangers

Ace Products, Inc.
American Playground Device Co.
American Wire Form Corp.
R. E. Austin & Son
Champion Sports Utilities Co.
L. Scheuerman
Stackhouse Athletic Equipment, Inc.
V & B Equipment Co.

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The Perfect Athletic Hanger!

Ideal way to handle the checking, drying, and storing of equipment . . . special attachment prevents helmet from losing shape . . . shoulder pads ride on two plastic-tipped braces . . . wet clothing hangs straight down . . . constructed of $\frac{1}{4}$ steel, special green finish.

Also available: All-Metal Storage Rack, All-Metal Hanger for Basketball or Physical Ed. Equipment, and special Plastic Bags for Football Helmets.

See your dealer or write direct to

V & B EQUIPMENT CO.
610 North 8th Street, Garden City, Kansas

Wire Mesh Partitions

Stewart Iron Works

Special Equipment

Aireactor Corp. (deodorizer)
American Abrasive Metals (safe footing compound)
R. E. Austin & Son (benches)
Chicago Hardware Foundry Co. (electric hand dryer)
Chicago Wheel & Mfg. Co. (hand drill)
Electric-Aire Eng. Corp. (hair dryer)
Fairbank-Morse & Co. (gym scales)
Gymnastic Supply Co. (scales, benches)
Program Aids Co. (inventory control system)

LOCKERS

All-Steel Equipment, Inc.
Berger Mfg. Div., Republic Steel Corp.
(also steel shelving)
De Bourgh Mfg. Co.
Gymnastic Supply Co.
Lyon Metal Products, Inc.
National Lock Co.
Wayne Iron Works
Alan Wood Steel Co.

LOCKS

American Lock Co.
Corbin Cabinet Lock Div.
American Hdwe. Corp.
Dudley Lock Co.
The Fixle Co.
C. L. Gouger Keyless Lock Co.
Gymnastic Supply Co.
Master Lock Co.

Finest Locker Security



National Lock Co.
Sargent & Co.
Yale Lock (Yale & Towne Mfg. Co.)

MOTION PICTURES

Film
(16 mm. and 8 mm.)

Ansco
DuPont
Eastman Kodak
Polaroid Corp.
Western Cine Service, Inc.

Film Processing

A-V Motion Picture Service
Ansco
Black Studio
Cine-Graphic Film Lab.
Cine-O-Tone
Cine Service Labs.
Colind Photography
Film Labs, Inc.
Film Service Lab
Labcraft International Corp.
Sly-Fox Films, Inc.

Superior Bulk Film Co.

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- Film mailed to us Special Delivery is processed same day it is received and will reach any Midwest area the next day!

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Varsity Film Lab.
Western Cine Service, Inc.

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PROCESSED in **6** HOURS
plus travel time

Take advantage of our fast,
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Films (For sale or hire)

- Association Films
- Bailey Films, Inc.
- Bell & Howell
- British Information Services
- Don Canham (track & field)
- Coronet Instructional Films
- Encyclopaedia Britannica Films, Inc.
- Films for Education
- Film Exchange Committee (gymnastics)
- Marjorie E. Fish (volleyball)
- Warren Geise (football)
- Institutional Cinema Service, Inc.
- Jones-Hockman Productions (football)
- National Educational Films, Inc.
- Nissen Trampoline Co.
- Ryan Films (track & field)
- Seminar Films, Inc.
- Society For Visual Education
- Sound-Vision Productions (football strips)
- Sport Film Associates (track & field)
- Sports Film Enterprises
- World Wide Pictures

Projection Screens

- Da-Lite Screen Co., Inc.
- Raven Screen Corp.

Projectors

- Beall Co.
- Bell & Howell
- Eastman Kodak
- Graflex, Inc.
- The Harwald Co.
- Kalart Co., Inc.
- Kine Camera Co., Inc.
- L-W Photo Products Co.
- Paillard, Inc.
- RCA

WRITE DIRECTLY TO THE COMPANIES FOR THEIR CATALOGUES. ADDRESSES WILL BE FOUND ON PAGE 26. FOR ADDRESSES NOT LISTED WRITE SCHOLASTIC COACH, 33 WEST 42ND ST., NEW YORK 36, N. Y.

Slide Projectors

Argus
Bausch & Lomb

PLAYGROUND

Complete Equipment

- American Playground Device Co.
- R. E. Austin & Son
- J. E. Burke Co.
- Champion Recreation Equip. Corp.
- Everwear Mfg. Co.
- Game-Time, Inc.
- General Playground Equipment, Inc.
- Gymnastic Supply Co.
- Delmer F. Harris Co.
- Jamison Mfg. Co.
- The MacGregor Co.
- Nissen Medart Corp.
- Nissen Trampoline Co.
- Porter Athletic Equipment Co.
- Rawlings Sporting Goods Co.
- Recreation Equipment Co.
- Stackhouse Athletic Equipment, Inc.
- Wilson Sporting Goods Co.

Surfacing

- American Bitumuls & Asphalt Co.
- Colprovia Roads, Inc.
- F. C. Feise Co.
- Gymnastic Supply Co.
- U. S. Rubber Reclaiming
- Westerveldt



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Safely!

Recreation equipment with
engineered safety to meet
the most rigid requirements.

- Playground Equipment
- Indoor Basketball Backstops
- Swimming Pool Equipment

Literature for each line available
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RECREATION EQUIPMENT CORP.

Dept. SC661 — 721 W. 8th St.
Anderson, Indiana

Special Equipment

- American Trampoline Co. (trampoline)
- Carrom Industries (Nok-Hockey)
- The Carron Net Co.
- Cosom Industries (Scoop and Fun Ball Set)
- Fenner-Hamilton Corp. (trampoline)
- Gym Master Co. (trampoline)
- Gymnastic Supply Co. (trampoline)
- H. & R. Mfg. Co. (swing seats)
- Jayfro Athletic Supply Co. (steel chain basketball nets, multi-purpose standards, tetherball sets)
- Lignum-Vitae Products Corp. (turf bowling)
- The Linen Thread Co., Inc. (volleyball nets)
- Lou-Pel (metal basketball nets)
- Nissen Trampoline Co. (rebound tumbling equip.)
- Nocona Leather Goods Co. (volleyballs)
- Pennsylvania Athletic Products (volleyballs, softballs)
- A. G. Spalding & Bros.
- W. J. Voit Rubber Corp. (balls)

PUBLISHERS

- Ace Products, Inc. (football scouting forms)
- John L. Adams (basketball scorebooks)
- American Ath. & Ed. Supply Co. (gymnastics)
- Association Press
- Jim Baggott (basketball)
- A. S. Barnes & Co.
- Bartholomew House, Inc. (sports stories)
- Charles A. Bennett Co. (safety educ.)
- Wm. C. Brown Co.

For Books on:
FOOTBALL, BASKETBALL, PHYSICAL EDUCATION ACTIVITIES—Men and Women, TUMBLING AND APPARATUS STUNTS, TENNIS, DANCE, CAMPING, BASEBALL, FENCING, INTRAMURAL SPORTS, and GOLF . . . Write

WM. C. BROWN COMPANY
Publishers
Dubuque, Iowa.

- Burgess Publishing Co.
- John T. Core (physical fitness tests)
- Coaching Aids (football scouting)
- College Graphic Arts Press (football scouting)

COLLEGE GRAPHIC ARTS PRESS

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Silver City, New Mexico

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HELP YOU **WIN!**

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- H. I. Driver (tennis books)
- E. P. Dutton & Co., Inc.
- Follett Publishing Co.
- Football News
- Frank Endo (gymnastic pamphlets)
- Gainsford Publishing Co. (basketball)
- Wirt Gammon, Sr. (weekly service for scorers)
- Dr. Richard V. Ganslen (pole vaulting)
- Gymnastic Supply Co. (gymnastics)

Holt, Rinehart & Winston
 Lloyd Helgeson (football manual)
 Houghton Mifflin Co.
 Les & Febiger (physical ed. texts)
 J. B. Lippincott Co. (baseball)
 Newt Loken & Ed Gagnier (gymnastics)
 McGraw-Hill Book Co.
 David McKay Co., Inc.
 Mohawk Valley Sports, Inc.
 (basketball scorebook)
 C. V. Mosby Co.
 National Sports Council
 (judo, boxing, etc.)
 Nissen Trampoline Co. (rebound tumbling, gymnastics)
 Ocean Pool Supply Co. (swimming rule book, scorebook)
 Carl H. Olson (track & field scorecards)
 Pageant Press
 Prentice-Hall, Inc.
 Program Aids Co. (posters and charts)
 G. P. Putnam
 Ronald Press
 W. B. Saunders Co.
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 Buchanan Machine
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 Game-Time, Inc.
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 National Gym Products
 Nissen Medart Corp.
 Nissen Trampoline Co.
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 Recreation Equipment Co. (bouncer)
 Sidlinger Products Co.

RIFLERY

Rifles

Benjamin Air Rifle Co. (ammunition, rifles)
 Daisy Mfg. Co. (air rifles)
 Harrington & Richardson Arms Co.
 Marlin Firearms Co.
 O. F. Mossberg & Sons
 Remington Arms Co.
 Savage Arms Co.
 L. C. Smith Gun Co.
 J. Stevens Arms Co.
 Western Cartridge Co. (ammunition, rifles)
 Winchester Repeating Arms Co.
 (ammunition, rifles)

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 Union Hardware Co.
 Winchester

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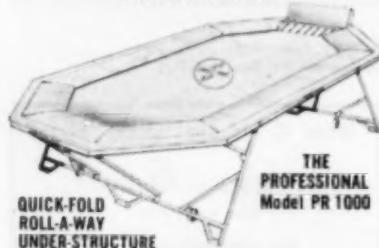
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SAFE . . . PROTECT-ALL SAFETY PADS

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 Geo. Gillis Shoe Co.
 Endicott-Johnson Corp.
 Hyde Athletic Shoe Co.

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 Kent Sporting Goods Co.
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MacGregor
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 "The Choice of Those Who Play the Game"

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John T. Riddell, Inc.
Saucony Shoe Co.
A. G. Spalding & Bros.
Spot-Bilt, Inc.
Wilson Sporting Goods Co.



Baseball

American Sporting Goods
Athletic Shoe Co.
Beacon Falls Rubber Footwear
Beebe Rubber Co.
Brooks Shoe Mfg. Co.
Converse Rubber Co.
Endicott-Johnson Corp.
Gotham Shoe Mfg. Co., Inc.
Hyde Athletic Shoe Co.
John T. Riddell, Inc.
Spot-Bilt, Inc.
United States Rubber Co. (softball)
Joseph T. Wood Co. (Sealand Inc.)

Basketball

Beacon Falls Rubber Footwear
Bristol Mfg. Co.
Brooks Shoe Mfg. Co.
Converse Rubber Co. (regular and
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America's No. 1 Basketball
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MALDEN 48 MASSACHUSETTS

Endicott-Johnson Corp.
Hood Rubber Co. & B. F. Goodrich
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New Balance Athletic Shoe Co.
Randolph Mfg. Co.
John T. Riddell, Inc.
Sperry Top-Siders
Tyer Rubber Co.
United States Rubber Co.

Bowling

Athletic Shoe Co.
Brookfield Athletic Shoe Co., Inc.
Brooks Shoe Mfg. Co.
Converse Rubber Co.
Endicott-Johnson Corp.
Hyde Athletic Shoe Co.

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John T. Riddell, Inc.
Sperry Top-Siders
Wilson Sporting Goods Co.

Football

American Sporting Goods
All-American, Inc.
Athletic Shoe Co.
Beacon Falls Rubber Footwear
Brooks Shoe Mfg. Co.
Converse Rubber Co.
Endicott-Johnson Corp.
Hyde Athletic Shoe Co.
John T. Riddell, Inc.



Sports Equip. Corp. (Puma)
Spot-Bilt, Inc.



Golf

Brooks Shoe Mfg. Co.
Butchart-Nicholls
Corbin & Son Co.
Dunlop Tire & Rubber Corp.
Empire Specialty Footwear
Endicott-Johnson Corp.
Gotham Shoe Mfg. Co.
Harris Shoe Co.
Holland-Racine
Hyde Athletic Shoe Co.
J. B. Athletic Shoe Co.
New Balance Athletic Shoe Co.
Old Town Shoe Co.
Penobscot Shoe Co.
Randolph Mfg. Co.
Rawlings Sporting Goods Co.
Saucony Shoe Mfg. Co., Inc.
A. G. Spalding & Bros.
Wilson Sporting Goods Co.

Gym

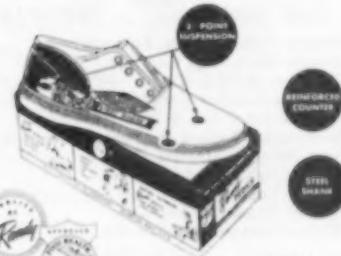
Beacon Falls Rubber Footwear
Brooks Shoe Mfg. Co.
Converse Rubber Co.
Endicott-Johnson Corp.
Frank Endo



Gymnastic Supply Co.
Hood Rubber Co. & B. F. Goodrich

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New Balance Athletic Shoe Co.
United States Rubber Co.

Soccer

Beconta, Inc.
Brooks Shoe Mfg. Co.
General Sportcraft Co. Ltd.
Hyde Athletic Shoe Co.
Soccer Sports Supply Co.
Wilson Sporting Goods Co.

Tennis

Beacon Falls Rubber Footwear
Brooks Shoe Mfg. Co.
Converse Rubber Co.
Endicott-Johnson Corp.
Hood Rubber Co. & B. F. Goodrich
Mishawaka Rubber & Woolen Mfg. Co.
New Balance Athletic Shoe
A. J. Reach, Wright & Ditson
Sperry Top-Siders
United States Rubber Co.
Walter-Swanson Rubber Co.

Track

Beacon Falls Rubber Footwear
Beconta, Inc.
Brooks Shoe Mfg. Co.
Carlsen Import Shoe Corp. (Adidas)
Converse Rubber Co.
Endicott-Johnson Corp.
Hyde Athletic Shoe Co.
Kangaroo Shoe, Inc. (Dreske)
New Balance Athletic Shoe Co.
John T. Riddell, Inc.
Clifford Severn Sporting Goods (Adidas)
Sports Equipment Corp. (Puma)

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States
Rubber**

Spot-Bilt, Inc.
Track & Field News (Dreske)
United States Rubber Co.
Van Dervoort's (Adidas)

SOCKS

The Adler Co.
Beacon Falls Rubber Footwear
Champion Knitwear Co.
College Knitting Mills
King Sportswear Co.
The MacGregor Co.
Mishawaka Rubber & Woolen Mfg. Co.
Nelson Knitting Mills
Post Mfg. Co.
Rawlings Sporting Goods Co.
Ripon Knitting Works
Rockford Textile Mills, Inc.

SWEATERS, JERSEYS

American Athletic Wear Co. (warm-up jackets)
Butwin Sportswear (award and warm-up jackets)
Champion Knitwear Co.
General Athletic Products Co. (award and warm-up jackets)
Imperial Knitting Co.
King-O'Shea
The MacGregor Co.
Post Mfg. Co.
Rawlings Sporting Goods Co.
Roper Knitting Co.
Sand Knitting Mills Corp.
Solin Sporting Goods Co. (award sweaters)
A. G. Spalding & Bros.
Trojan Athletic Wear Co.
Wilson Sporting Goods Co.
Yearite Sportswear

SWIMMING

Bothing Suits and Swim Suits

Champion Knitwear Co.
Empire Sporting Goods Mfg. Co.
Gantner & Mattern Co.
Harmol Mfg. Co.
Healthways
Jantzen, Inc.
King-O'Shea
Ocean Pool Supply Co.



United States Rubber Co.
Wigwam Mills, Inc.



WIGWAM MILLS, INC., Sheboygan, Wis.

Wilson Sporting Goods Co.

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American Knitwear & Emblem Mfgs.

Pennants • Emblems • Sport Badges •
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• Mascot Toys • Beanies • Imprinted
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Athletic Enterprises
Sports Ideas
U. S. Cheerleaders Supply Co.

OCEAN POOL
• RACING TRUNKS
• DIVING TRUNKS
• WATER POLO EQUIPMENT
• TEAMS EQUIPPED
WRITE FOR CATALOGUE

Ocean Pool Supply Co. Inc. 155 W. 23rd St.
N.Y.C.

St. Paul Athletic Wear (tank)
United States Rubber Co.
Wilton Mfg. Co.

Diving Boards and Stands

Alumidock (trampoline diver)
American Playground Device Co. (also
pool ladders, lifeguard chairs, life lines,
lane markers, pool slides)
American Trampoline Co. (trampoline
diver)
Norman Buck Mfg. Co.
Frank Endo
Everwear Mfg. Co.
Fenner-Hamilton Corp. (trampoline diver)
Game-Time, Inc.
General Playground Equipment, Inc.
Goodyear Aircraft Corp. (starting plat-
form)
Gymnastic Supply Co.
Gym Master Co. (trampoline diver)
Hussey Mfg. Co.
Bradley M. Layburn Co.
LML Eng. & Mfr. Co. (trampoline diver)
Modern Swimming Pool Co., Inc.
Nissen Trampoline Co. (mini-tramp
springboard)
Ocean Pool Supply Co.
Recreation Equipment Co.
Stackhouse Athletic Equipment, Inc.

Floodlights (Underwater)

Crouse-Hinds Co.
Modern Swimming Pool Co., Inc.
Ocean Pool Supply Co.

Life Saving Devices

Breath-O-Life Oxygen, Inc.
Burgett Oxygen Co.
Medical Supply Co.
Ocean Pool Supply Co.

Pool Cleaning Equipment

American Playground Device Co.
General Playground Equipment, Inc.
Modern Swimming Pool Co., Inc.
Ocean Pool Supply Co.
Paragon Pool Equipment
Recreation Equipment Co.
Standard Pool Cleaner Co.

Pool Construction

National Pool Equipment Co.
The Kelly Paint Co. (special paint)

Pool Surfacing

American Abrasive Metals Co.
(pool aprons)

Skin Diving

All American Scuba Supplies, Inc.
Aquala
Aqua-Lung Center
Auburn Rubber Co., Inc.
Bayley Suit
Central Skindivers
The Cornelius Co. (air stations)
Dacor, Inc.
Dive 'N Surf
Ero Mfg. Co.
Globe Rubber Products
B. F. Goodrich (gloves & quick pak)
Healthways
J. M. F. Distributors & Mfgs.
M. & E Marine Supply Co.
Normal Air (breathing set)
Parkway Fabricators
Pennsylvania Athletic Products
Rose Aviation, Inc. (diving lung)
Seacraft Industries, Inc.
The Seamless Rubber Co.
Sea Suits
So-Lo Marx Rubber Co.
Sportsways, Inc.
Swimmaster (Pacific Moulded Prod. Co.)
Underwater Sports, Inc. (air compressors)
U. S. Divers Co.
W. J. Voin Rubber Co.
White Stag (watersports div.)

Special Equipment

Aeroplastics Corp. (swim fun boards)
Alumidock (waterfront equip.)
American Wire Form Corp. (wrist bands, checks, wire baskets)
Dr. Frank Ear Stopple Co. (ear protectors)
Harry Gill Co. (aqua hurdle)
Gilman Spgs. Gds. Co. (kickfloats)
Gymnastic Supply Co. (wire baskets)
Hussey Mfg. Co. (demountable piers, floats, etc.)
Jayfro Co. (water basketball standard)
George MacArthur & Sons (robes)
Modern Swimming Pool Co., Inc.
Nissen Trampoline Co. (portable divers)
Ocean Pool Supply Co. (diving masks, ear plugs, lungs, snorkels, surf boards, fins, etc.)
Seamless Rubber Co. (caps)
Snitz Mfg. Co. (tote bags)

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Water Chlorinators

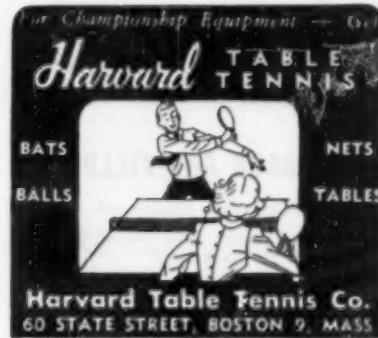
Everson Mfg. Co.
Hillyard Chemical Co. (tile seals, bleaches)
Modern Swimming Pool Co., Inc.
Ocean Pool Supply Co.
Paragon Pool Equipment
Pennsylvania Salt Mfg. Co.

TABLE TENNIS

Sets

(Balls, nets and paddles)

American Import Co.
Binley Mfg. Co.
Buckingham Sports Co.
The Carron Net Co. (nets)
Cragin-Simplex Co.
General Sportcraft Co., Ltd.
Harvard Table Tennis Co.



Klauber Games, Inc.
Knight Table Tennis Co.
Harry C. Lee & Co., Inc.
McClure Table Tennis Co.
Parker Bros. Inc.
Pennsylvania Sporting Goods Co.
Rawlings Sporting Goods Co.
Regent Sports Co.
Sico Mfg. Co.
Superior Industries Corp.
Table Tennis Corp.
Tide-Rider, Inc.
Westminster Sports
Wilson Sporting Goods Co.

Tables

Acme Recreational Products
Becker & Co.
Binley Mfg. Co.
Brinkman, Inc.
Burrowes Corp.
Capri Industries, Inc.
Cragin-Simplex Co.
Erickson Products Div. (Hamilton Mfg. Co.)
Harvard Table Tennis Co.
Hirsh Mfg. Co.
Klauber Games, Inc.
Knight Table Tennis Co.
McClure Table Tennis Co.
National Billiard Mfg. Co.
Sico Mfg. Co.
Stackhouse Athletic Equipment, Inc.
Superior Industries Corp.
Table Tennis Corp.
Wham-O-Mfg. Co.

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- converts any area to a game area—in seconds
- folds to 7½ inches
- regulation size
- unmatched for quality

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Wood Products Co.

Special Equipment

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Complete Equipment

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Cragin-Simplex Co.
Game-Time, Inc. (posts, reels, backstops)
General Sportcraft Co., Ltd.
Kennedy Sporting Goods Mfg. Co., Inc.
Jack Kramer Tennis Supplies
Harry C. Lee & Co., Inc.
The MacGregor Co.
Rawlings Sporting Goods Co.
A. J. Reach, Wright & Ditson (except clothing)
Slazenger
A. G. Spalding & Bros.
Wilson Sporting Goods Co.



Backstops

American Playground Device Co.
Continental Steel Corp.
Page Fence Assn.
Stewart Iron Works
Wayne Iron Works

Balls

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American Novelty Co. (buy used balls)
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Equator Corp.
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Harry C. Lee & Co., Inc.
The MacGregor Co.
Moody & Co.
Pennsylvania Athletic Products
Rawlings Sporting Goods Co.

Regent Sport Co.
Seamless Rubber Co.
Slazenger
A. G. Spalding & Bros.
Walker International
Wilson Sporting Goods Co.

Dust Setters

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Pittsburgh Plate Glass Co.
Solvay Process Div., Allied Chemical & Dye Corp.

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American Playground Device Co.
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The Carron Net Co.

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VOLLEYBALL — BATTING CAGES
GOLF — PRACTICE — SPECIAL NETS
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Cortland Racket Div. of the Cortland Line Co., Inc.
Front Woven Wire Co. (steel nets)
General Sportcraft Co., Ltd.
Gymnastic Supply Co.
The Linen Thread Co., Inc.
Rawlings Sporting Goods Co.
Soccer Sports Supply Co.
A. G. Spalding & Bros.
Stackhouse Athletic Equipment, Inc.
Wilson Sporting Goods Co.

Special Equipment

Allison Mfg. Co. (markers)
Ashaway Products, Inc. (racket strings)
Ball-Boy, Inc. (automatic ball thrower and rebound net)
Benson Optical Co. (safety glasses)
Cragin-Simplex Co. (rackets)
Dayton Racquet Co. (steel racquets)
Dudley Sports Co. (ball thrower)
E. I. DuPont de Nemours Co. (nylon racket strings)
Sammy Giammalva (string)
Gymnastic Supply Co. (net posts)
H. & R. Mfg. Co. (markers)
Jamison Mfg. Co. (net posts and tighteners)
E. P. Juneman Corp. (strings)
The Kingfisher Bristol Co. (string)
Name-On Company (personalized covers)
Pioneer Sports, Inc. (presses)
Program Aids Co., Inc. (tournament charts)
Sells Aerial Tennis Co.
Serrano Tennis Machine Co.
Al Smith's Tennis Shop (repairs)
Wimbdom Co. (spar tape)

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W. A. Burnham Co.
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Dixie
F. C. Feise Co.
Green-Lawn Tennis Court Co.
Har-Tru Corp.
M. R. Lane & Sons
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Green-Lawn Tennis Court Co.
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Non-maintenance running tracks and outdoor sports areas.
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Master-Krete, Inc.
Perma-Green Tennis Court Co.
C. R. Peterson Construction Co.
Rohloff & Co.
Rubien Construction Co.
Sterling Tennis Court Construction Co.
Tru-Bounce, Inc.
U. S. Rubber Reclaiming
Whalen Surfacing Co.

TIMERS

Stop Watches

Clebar Watch Co.
Dimeo-Gray (electric)
M. Ducommun Co.
Feldmar Watch Co.
Heuer Timer Corp.
The MacGregor Co.
Ocean Pool Supply Co.
Jules Racine & Co.
Rawlings Sporting Goods Co.
A. G. Spalding & Bros.
Stackhouse Athletic Equipment, Inc.
Track & Field News
Wilson Sporting Goods Co.

TRACK AND FIELD

Complete Equipment

(Hurdles, vaulting poles, javelins, shots, shoes, etc.)

Beconta, Inc.
Champion Knitwear Co.
Harry Gill Co.
The MacGregor Co.
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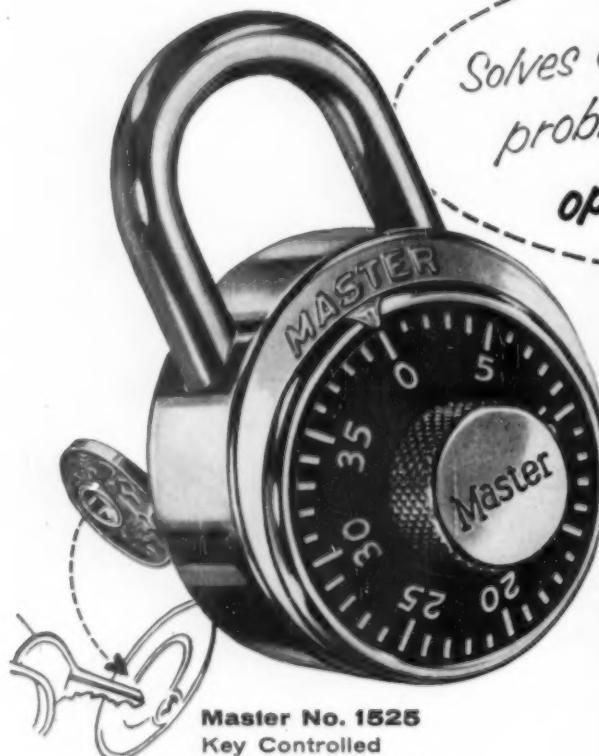
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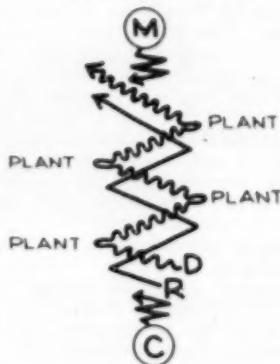
(Continued from page 7)

Procedure: From basic position in squads of four, five yards apart, react to movement of ball, left, right, backward, and forward.

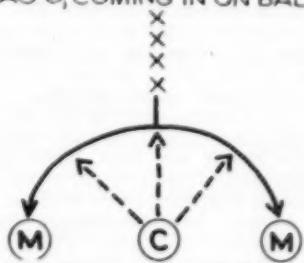
Coaching Points: Start from basic position. First reaction is a step back, then move in 45° angles, crossing over while watching passer. As direction of ball changes, plant the away foot and with proper hip and body balance push off planted foot in a shuffling manner to direction of ball.

The Interception Drill may be incorporated with this either in groups of four, as above, or on an individual basis using the same drill.

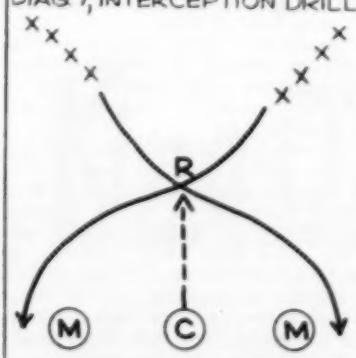
DIAG 5, ONE-ON-ONE MIRROR DRILL



DIAG 6, COMING IN ON BALL



DIAG 7, INTERCEPTION DRILL



3. Mirror Drill (Body Reaction Drill), **Diag. 4.**

Same as Wave Drill, except that players mirror actions of coach and move in lateral pursuit instead of 45° angles. If coach drops off, then defender goes back also.

4. One-on-One Mirror Drill (Series of Techniques), **Diag. 5.**

Objective: To get proper position body reaction, planting procedure, and movement.

Procedure: Coach and manager, 40 yards apart, mirror one another's movements with a ball, as receiver follows movements of manager and defender follows those of coach.

Coaching Points: Start from basic stance—first reaction is backward step. Watch planting procedure and proper position and distance from receiver.

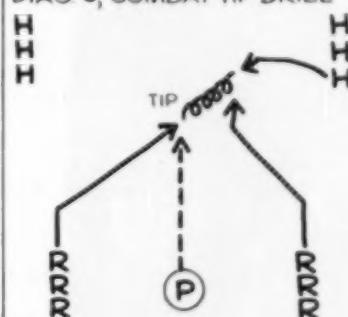
5. Coming In On Ball (Ball Reaction), **Diag. 6.**

Objective: To teach proper technique of intercepting ball.

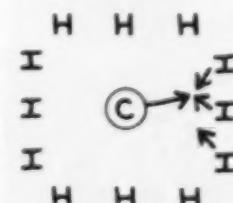
Procedure: Line up defenders one behind other. Have them begin slowly at first in approach. Coach throws ball high in air at or to either side of them. Defender intercepts and runs ball back to manager beside coach.

Coaching Points: Approach with balance. Get good timing to intercept ball at highest point, with thumbs pointed inward. Intercept and, if at all possible, go wide up field.

DIAG 8, COMBAT TIP DRILL



DIAG 9, COMBAT INTERCEPTIONS



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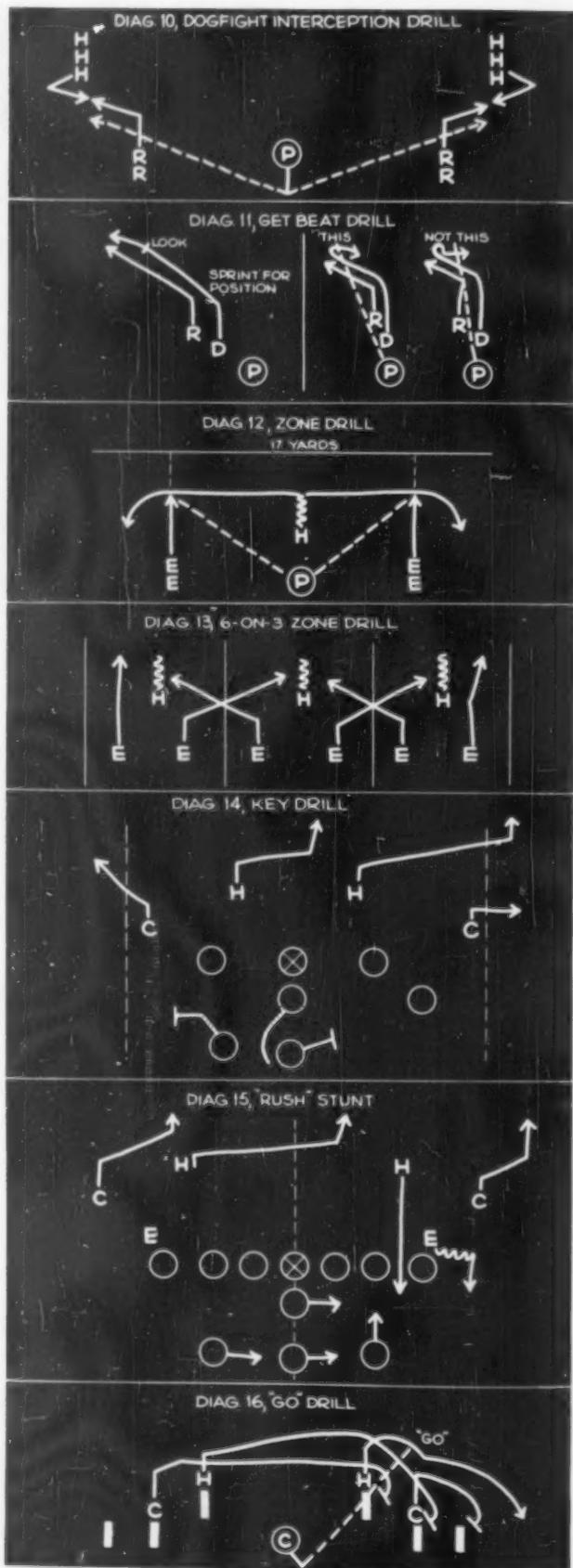
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6. Interception Drill (Ball Reaction), **Diag. 7.**

Objective: Same as Drill 5.

Procedure: Coach or passer throws at receiver facing him 25 yards away. Defenders in two lines come in to intercept from an angle. This can also be done with defenders coming straight across or laterally, to teach intercepting from all angles.

Coaching Points: Same as Drill 5.

7. Tip Drill (Ball Reaction), **Diag. 8.**

Objective: Reaction to ball.

Procedure: Same as Diag. 7, except receiver now tips ball—defender approaches for coverage, reacts to tip and intercepts.

Coaching Points: Good balance and control. Churning action of legs on tip—catlike action with spring and aggressiveness to intercept tip. Intercept and go inside if possible.

8. Combat Tip Drill (Ball Reaction and Conditioning), **Diag. 8.**

Objective: To react to ball. Learn to use body to ward off receivers in interception procedure.

Procedure: Two lines of receivers, two lines of defenders. Ball is thrown to receiver crossing over. Receiver tips pass—opposite receiver and defender fight for ball. Reverse procedure.

Coaching Points: Concentrate on ball. (Receivers can be sensed.) Go through receiver to ball — arms stretched out as far as possible, body as high as possible.

9. Combat Interceptions (Conditioning), **Diag. 9.**

Procedure: Coach in center. Defenders in groups of three, 15 yards away. Fight for interception as ball is thrown in their direction.

10. Dogfight Interception Drill (Position and Conditioning), **Diag. 10.**

Objective: To teach technique of playing through receiver to ball.

Procedure: Ends in two lines going down and breaking out. Defenders line up and cover. As ball is thrown on break-out angle, defender comes up and through receiver for ball.

Coaching Points: Be sure defender plays passer and ball. Have passer throw away from receiver at times to check if defensive man reacts to ball or whether he's just playing the receiver.

11. Get Beat Drill (Second-Effort), **Diag. 11.**

Objective: To teach pass defenders what to do in event a receiver does get deep behind them.

Procedure: Line up receiver several yards in advance of defender. Have passer throw long arching pass to receiver. Also throw behind him and to opposite side.

Coaching Points: We allow pass defensive men to sacrifice sight of ball for position any time a man gets deep behind them. When ball is thrown, they turn and sprint for position. When they feel this position is reached, they find path of ball. If ball is thrown on opposite side of their pass defensive angle on deep coverage and it's going well over their head,

(Continued on page 43)

KING-O'SHEA

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Football players are proud to wear King-O'Shea uniforms. The fit, the feel and the appearance give their confidence and team spirit a boost.

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For full details on any or all of these products, check the respective listings under "NEW EQUIPMENT" in the master coupon on page 47.



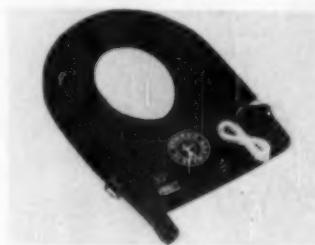
• **MINUTE-GYM.** This home exerciser is guaranteed to increase strength rapidly and to firm entire musculature in just one minute a day of easy, safe, sensible body conditioning. Provides resistance of heavy poundage at any height. Comes with exercise program.



• **TRAMPOLINE SPRING.** Available on American trampolines, these new cadmium-plated springs resist rust and corrosion on outdoor units. Interchangeable with other brands of springs.



• **SUPER-HAILER** is a one-piece, waterproof 16-watt output megaphone capable of projecting clear speech over a mile. All-aluminum, transistor-powered, 6 lbs., 16" overall, twotone green with baked enamel finish. (Audio Equipment Co.)



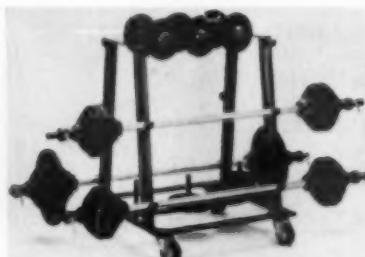
• **SAFETY FLOAT.** When activated, the Nemrod rubber float brings skin diver up at safe rate of ascent, keeping him afloat with positive buoyancy while supporting his head. Impervious to heat, sun, oil, and mildew.



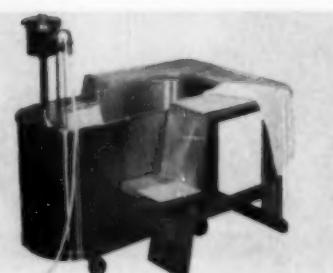
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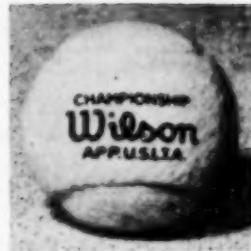
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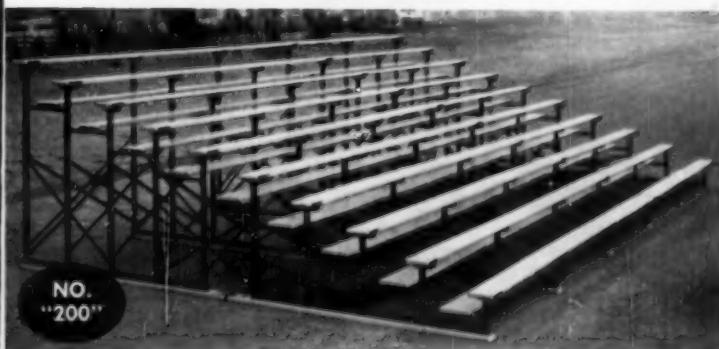
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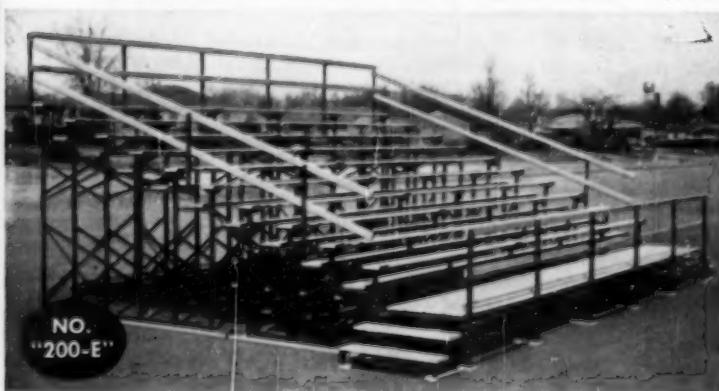
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COACHES' CORNER



Please send all contributions to this column to Scholastic Coach, Coaches' Corner Dept., 33 West 42 St., New York 36, N. Y.

ONE of the Dodger wives, much in need of a day off from her household chores, farmed out junior to hubby on an open date in the schedule. That evening, when junior and daddy returned, she asked what kind of time they had had.

"Just great, mommy," enthused junior. "We went to the zoo—and one of the animals won and paid \$22.80."

The ump wasn't very experienced. When the runner came into the bag in a cloud of dust, he called him safe. Then, observing that the runner had overslid the bag, he made a quick change, putting his right hand up but keeping his left down in the original "safe" signal.

The runner looked up perplexedly, then asked, "Mister, which hand means what it says?"

From Baseball Digest: "Baseball is a game in which the young man who bravely strikes out for himself receives no praise for his enterprise."

At the time Don Drysdale was popping off about wanting to be traded from the Dodgers vice-president Buzzy Bavasi called the sulking pitcher on the phone. The phone rang several times before Don's wife, Ginger, answered.

"I'm sorry it took me so long to answer," she apologized. "I was bathing the baby."

"Which one?" Buzzy asked.

In a game against the Cubs, Ralph Kiner smacked a colossal homer to tie the score. When the pitcher, Bob Muncie, got back to the bench, Manager Frankie Frisch asked him what kind of pitch he threw.

"A real good curve ball. He hit a good pitch."

"Well, forget about that pitch and throw him fast balls next time," ordered Frankie.

The next time up, with two men

aboard, Kiner made his first homer look like a bunt by sending a fast ball completely out of the park.

Muncie, back on the bench, looked at his manager. "Well, brains," he murmured, "he hit yours a whole lot further than he hit mine."

When Babe Herman, the great-hit no-field former Dodger, heard that someone was making the round of the night clubs, stores, etc., impersonating him, he had a ready solution to apprehending the rascal.

"Next time anyone comes around and claims he's Babe Herman," he advised, "take him outside and fungo a ball to him. If he catches the ball, call the cops."

Manager Charlie Dressen had removed the famous eccentric, Frank Gabler, from the mound, and the Great Gabbo's pride was injured. Stripping off his shirt, flexing his mighty biceps, and pounding his bosom, Gabler pleaded: "Look Charlie, I'm in great shape. I never felt better."

"Listen," replied Dressen. "I don't want you to fight anyone for me. I just want you to get somebody out."

When Hank Aaron came up to bat in the first inning of the 1958 World Series, Yogi Berra, the Yankee catcher, noticed that the trademark on the bat was down.

"Say, Hank," said Yogi, "you don't want to break that bat. Better turn it around so you can read the trademark."

"Yogi," Aaron grunted, "I didn't come up here to read."

Bob Bauman, the former trainer of the Giants, was a great practical joker. One day after a hard workout, Johnny Mize came into the clubhouse drenched with perspiration. He took off his sweatshirt and went to get a drink of water. Bauman promptly soaked the sweatshirt with alcohol. When Mize returned, Bauman asked him how he felt.

"Tired but good."

"Better stay away from that hard stuff, though, John. That's what really

gets you," Bauman kindly said.

"What do you mean, hard stuff? I only had a couple of beers and was in early last night."

"Oh yeah," replied Bauman. "Don't kid me. Look." He dropped a match on the sweatshirt and up it went in flames. "That's alcohol you sweated out, John!"

Mize grabbed for the shirt. "Doc, Doc," he pleaded, "don't say anything about this to anyone."

When Herb Score really had it, he threw just about as fast as anyone who ever lived. One day Roy Sievers stepped in against him, and it was buzz, buzz, buzz—three quick strikes. Roy strolled to the dugout, politely put his bat into the rack, and sat down. "He threw me that radio ball," he announced.

"Radio ball?" asked Chuck Stobbs. Sievers looked up. "You can hear it, but you can't see it."

Pitching against Ernie Banks, Viner Bend Mizell kept shaking off the catcher. Finally the backstop walked out and muttered, "You're gonna have to throw him something. Why don't you pitch?"

"Let's wait a while," the lefty replied. "Maybe he'll get a long-distance call."

Moose Skowron smashed the ball down the right-field line, and Rocky Colavito made a great try for it. He took a long sitting-slide, but just missed the ball. As luck would have it, he landed on the ball and couldn't find it. Everyone in the park—except Rocky—knew he was sitting on it.

In front of the Indian dugout, screaming like a banshee, was Manager Joe Gordon. "For God's sake," he kept yelling, "somebody tell him to get off the ball before he hatches it."

A rhubarb erupted in the seventh inning, and Jimmy Dykes—as usual—rushed onto the field. With three umpires huddled around him, he stated his case and, as usual, lost. Walking back to the dugout, he spotted the fourth ump, Jocko Conlan, and appealed to him.

"But Jimmy," pleaded Jocko, "I don't even know what this is all about."

Dykes pointed to the other umps. "Then join them, they don't know what it's all about either."

Yogi Berra last year opened a bowling alley and, as a get-acquainted stunt, gave away free the first two days' bowling. His affluent manager, Casey Stengel, chided him on his lack of business acumen.

"I'm a bank director in California," observed Stengel. "What do you think would happen if I opened my bank and let the customers help themselves for a couple of days?"

"It's not the same thing," snapped Berra. "Bowling balls are tougher to get past the guards than money."

**"He went down . . . but he
DIDN'T GET HURT!"**

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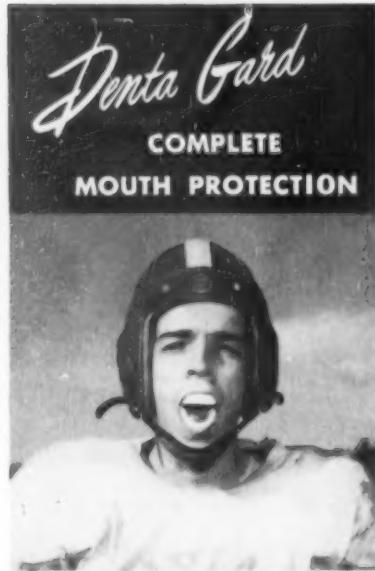
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By SAM RUTIGLIANO
Coach, Greenwich (Conn.) High School

REACTION DRILLS

MOST people are unaware that football is a game of *movement*. To be successful, the offense must be able to quickly cross the point of attack; while the defense must be able to react immediately and lend instantaneous support to the point where the ball crosses the line of scrimmage.

Very few teams who run, block, and tackle with great speed lose football games.

Unless a player has quick-starting speed, his effectiveness will always be limited. The coach must remember this about football speed: Except in a few positions, it isn't measured in raw terms; that is, by how fast a man can run 50 to 100 yards. The true measure of football speed is *quickness in an immediate area*.

To develop a squad's immediate speed in all the fundamental areas, the coach must work on reaction drills every day. At Greenwich High, we use 16 reaction drills, incorporating three into every practice session.

Our objective each day is to start a little faster than the previous day. Unless you conscientiously endeavor to start faster each time, you won't improve your immediate speed.

Our starting count is "Ready, Set." We begin each drill by saying "Ready," and the group replies with "Set." This instills discipline and *esprit de corps* into the drills.

Our 16 reaction drills are organized and administered as follows:

WAVE DRILL: Organize three lines in groups of threes, as shown in **Diag. 1**.

The coach assumes a post four yards in front of the lines, while the players set up in good football position. At the command right or left—which the coach gives with a motion of the respective hand—the players move laterally.

When the coach signals forward or backward with his hands, the players move in the respective direction.

At the final hand signal, the group

sprints past the coach and reforms behind him. The coach then turns around and reinstates the drill.

It's essential for the players to always keep their heads up, their feet moving, and their movements as quick as possible in the indicated direction.

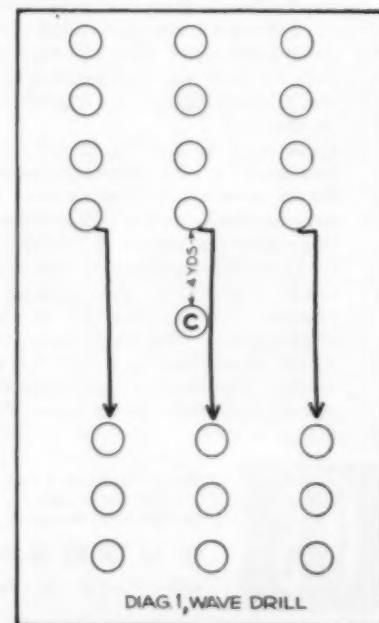
GRASS DRILL: Organize the same as the Wave Drill.

The players assume a good football position, and on the coach's hand signal run in place. At the next hand signal, the players dive into a prone position, then immediately rise to their standing position. They then sprint past the coach and regroup behind him.

The drill teaches players to hit the ground and immediately bounce up into good football position, ready to run, block, or tackle.

SCRAMBLE DRILL: Organize the same as the Wave Drill.

This drill is done on all fours. The players fall onto their hands and feet and crab laterally and forward with short, choppy steps. They must keep their head up, back straight, and but-



DIAG. 1, WAVE DRILL

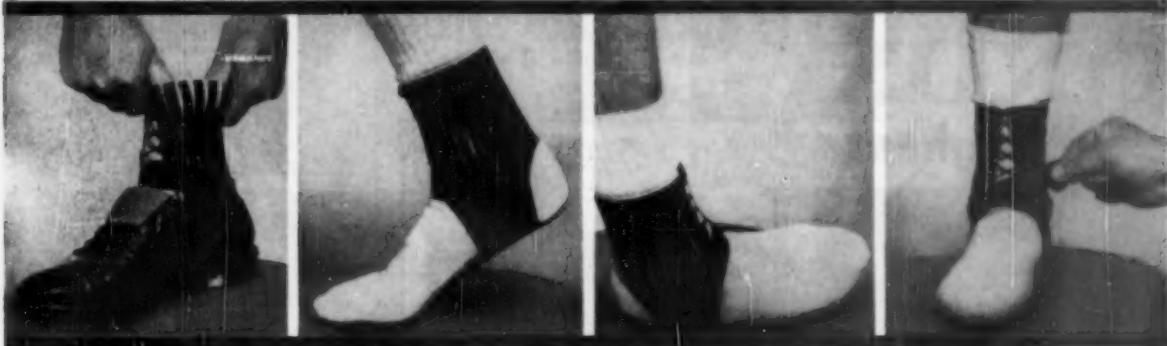
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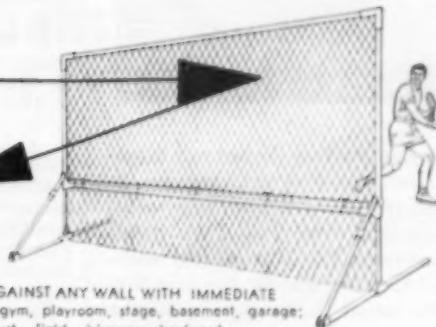


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*American Pub. Health Assoc., Oct. 15, 1954

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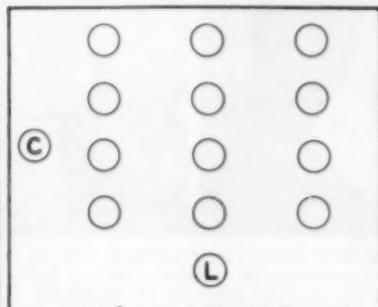
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tocks down, with feet spread about the width of the shoulders—knees kept bent about two inches off the ground.

In moving laterally, the player must coordinate his feet and hands to project all movement forward, backward, or laterally in either direction. The purpose of this drill is to teach players to move quickly and low after being knocked down by a block, or to continue a drive after slipping off a block.



DIAG 2, FOLLOW THE LEADER

FOLLOW THE LEADER: Organize the same as the Wave Drill.

As shown in **Diag. 2**, the players assume a good football position facing the leader. The latter confines himself to lateral movement, and the players cue from him—moving parallel with him each time.

The leader is permitted to do a forward roll while moving forward; and when he does, the players must follow suit.

At the completion of the drill, the leader throws the ball on the ground to simulate a fumble, and one of the players following the leader must recover it. This drill teaches reaction to a ball-carrier, and recovering a fumble while in pursuit of him.

EVASIVE DRILL: Two lines face each other, one consisting of backs and the other of linemen (**Diag. 3**). The first back receives the ball from the coach, and attempts to evade the lineman.

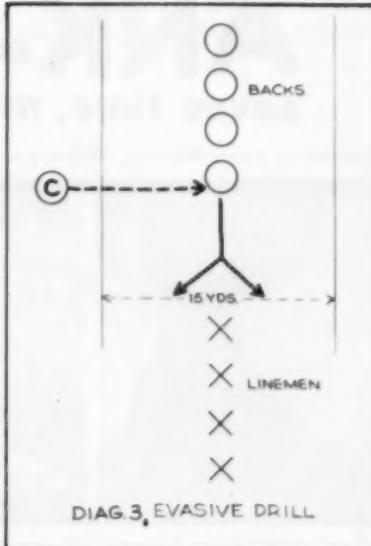
The latter sets up between the two restraining lines in a good football position, and tries to tag the ball-carrier with the heels of both hands. A manager can keep score as an added incentive.

FORWARD ROLLS: Organize the same as the Wave Drill.

Players start with a quick, low drive, literally rolling rather than diving into the drill. The initial shock is taken up by the hands, as the palms touch the ground. The waist, elbows, and shoulder joints give, in order, to cushion the impact.

From the arms, the weight is next caught on the lower dorsal end of the neck. At this point, the player buckles his body by bringing his knees, which must be kept together, into his mid-section. As he rolls, he transfers his weight down his back to his buttocks.

He grasps both ankles with his hands and gives an additional tuck and pull to create the necessary mo-



DIAG 3, EVASIVE DRILL

mentum to pull him up on his toes and in position to move quickly in any direction. The completion of the drill finds him in control of his body in a good football position, sprinting past the coach.

SHOULDER ROLLS: Organize the same as the Wave Drill.

The player begins the same as for the forward rolls, always making sure to remain low enough so as to roll rather than dive into the stunt, thus avoiding injuries.

The impact is first broken by the right or left forearm, depending upon what side the roll is being executed. From the forearm, the weight is transferred to the back side of the shoulder—the head being kept to the side opposite the shoulder that's taking the shock, preventing any possibility of injury.

As the weight is being transferred down to the buttocks, the player bends his leg (on the side he's rolling) to a bent-knee position. The body gets its upward spring as the leg uncoils simultaneously with the forward momentum of the body. The opposite leg is extended so the player can come up on it in position to start moving forward.

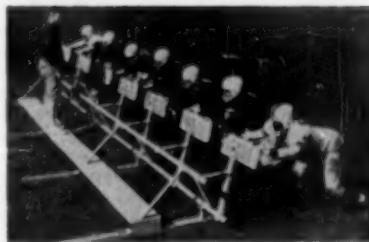
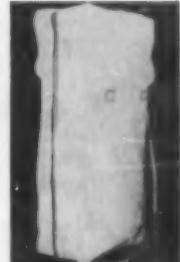
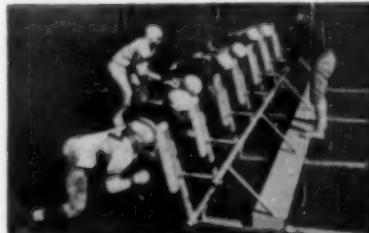
At the completion of the roll, he gets into good hitting position and sprints past the coach.

DUCK WALK: Organize the same as the Wave Drill.

This drill shouldn't be considered a duck waddle. The player moves forward in a crouch equivalent to a three-quarter knee bend (good football position), walking on the balls of his feet at about quarter speed. He must keep his feet shoulder-width apart and move them straight ahead at all times. The arms keep pumping to maintain momentum for a quick drive upfield.

This affords good practice in running low in position to block or tackle up and through an opponent. The players start slowly and accelerate rapidly on each step, bursting into a

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sprint in the final five yards.

RUNNING FORWARD: Organize the same as the Wave Drill.

This drill is like running in place, but with the player moving forward for five yards. He must raise his knees as high as possible and pump his arms as forcefully as possible. The body assumes a slight forward lean, and the head is kept up at all times.

The drill should also be done on the balls and toes of the feet. It helps teach players to run with a high knee action on their toes rather than their heels.

RUN AND GRAB: Organize the same as the Wave Drill.

The players assume an offensive stance. On a hand signal, they sprint forward at top speed. At the next signal (a whistle), they reach down and grab at the grass, trying to snatch a handful while running at top speed. Immediately after grabbing, they get under control and keep running—on the alert for the next signal.

After each whistle, the players must alternate the grabbing hand. The completion of the drill is signalled by a short double whistle. This drill is excellent for teaching body control.

RUN AND TURN: Organize the same as the Wave Drill.

The players assume an offensive stance and sprint forward at the coach's hand signal. At the next signal (a whistle), they make a 360° turn at top speed and return to their original position. A short double whistle completes the drill.

RUNNING THE LINE: This drill embodies the same principles as Running Forward, except that the players go backwards. Running backwards is an art: You must turn your knees out to one side and run, not back-pedal.

KNEE VAULTS: Organize the same as the Wave Drill.

The players assume a position on both knees. At the coach's signal, they explode into an upright position. This action exercises the power muscles in the lower back.

LEAP FROG: Organize the same as the Wave Drill.

The players are allowed to take four leaps for distance from a three-quarter knee bend, doing them one after another with maximum effort. The arms must be used vigorously for additional momentum, and the explosion should come from the driving extension of the knees and a spring forward from the balls and toes of the feet.

A good addition to the Leap Frog Drill is to have partners leaping over each other into a forward roll, then gathering immediately and sprinting past the coach.

MONKEY ROLL: Organize the same as the Wave Drill.

Divide the entire group into threes and have them lie in prone position facing the coach. At the starting command (a whistle), the middle man rolls either left or right. Whichever man he rolls toward must elevate his body and roll toward the other outside man who's now in the middle.

This drill is an excellent fun drill

with which to precede contact work.

GOOD FOOTBALL POSITION: Organize the same as the Wave Drill.

Players assume a good football position. At the coach's hand signal, they execute a three-quarter turn as indicated by the coach. They continue these turns, stressing good football position after each, until the completion. This is an excellent introduction to instruction on good football position.

CARIOCA: Players form a single horizontal line facing the coach. They move laterally along a straight line with a cross-over step motion. Going to the left, you start with the right foot in front of the left. Then you take a side step with your left foot, and follow with the right behind the left, then back again with the side step with the left and the right foot in front, etc.

This drill is done on the balls and toes of the feet for a distance of 20 yards. As the player moves sideward, he keeps his arms out to the side parallel to the ground, and uses an exaggerated hip swing in crossing his feet in front and then back. Especially good for developing coordination, balance, and quickness.

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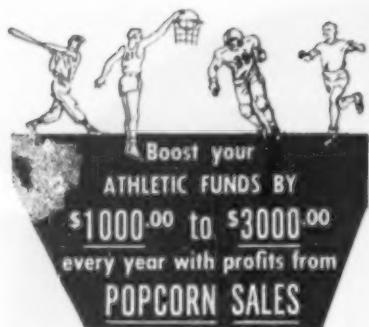
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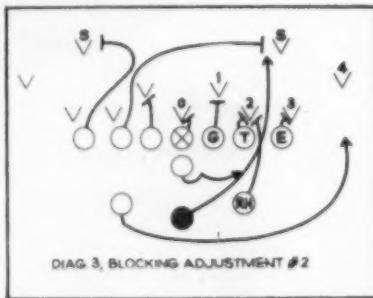
Blocking for Outside Belly

(Continued from page 9)

control on the offensive guard by the manner in which he lines up on the guard—on the outside shoulder. Secondly, if the linebacker is a tough boy with good reactions, the guard will never be able to keep him to the inside on this particular play; so any help that the guard can get is welcomed.

This adjustment keeps the linebacker out of the fullback's running lane, and tends to quickly cut down to size the exceptional linebacker.

Blocking Adjustment # 2 (Diag. 3). All offensive linemen carry out their regular blocking rule, with the right halfback once again being the only player to make any special adjustment. He double-teams the (2) man with the right tackle.

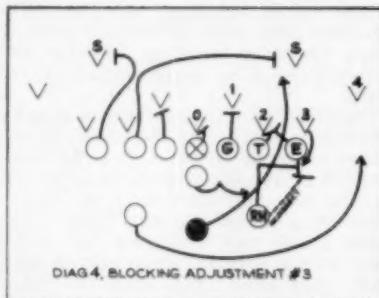


The latter blocks (2) with his outside shoulder, thus giving the defensive tackle the impression he's being blocked to the outside. While the defensive tackle is fighting against this pressure and trying to get to the inside, the right halfback hits into him with his inside shoulder, driving him down the line and opening up the off-tackle hole for the ball-carrier.

This is an excellent adjustment to use when your offensive tackle is badly out-manned by the defensive tackle. Once again you're cutting people down to size.

Blocking Adjustment # 3 (Diag. 4). All offensive linemen carry out their regular rule blocking except the right end, who double-teams the (2) man along with the offensive right tackle. As the offensive tackle and end drive (2) down the line, the right halfback runs straight ahead to a point behind the offensive tackle and turns-out on (3) in an L-shaped path, funneling him to the outside.

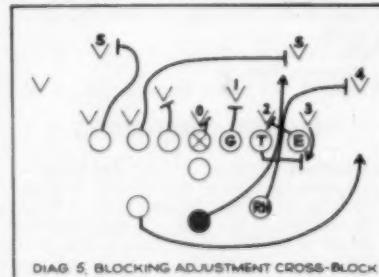
By running this L-shaped path before blocking (3), the right halfback can make sure the defensive



end doesn't get into the fullback's running path. If the defensive end is able to shed the right halfback quickly, the very nature of the right halfback's position will still prevent the defender from making the tackle before the fullback can get through the hole.

If the right halfback were to run right at the defensive end, instead of running the L-shaped path, the end would then be able to shed the blocking right halfback much easier and get in front of the ball-carrier before the fullback could get through the hole. (The broken line illustrates the improper path for the right halfback to take in approaching the defensive end.)

This adjustment also helps soften up that tough defensive tackle. The right halfback's block actually is a trap-type of block, which helps open up that all-important off-tackle hole.



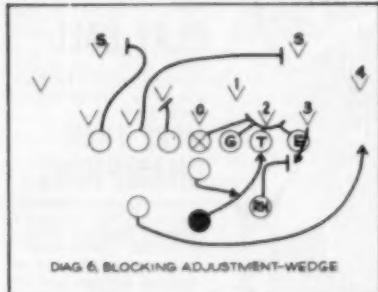
Blocking Adjustment Cross Block (Diag. 5). In this adjustment, all players follow their basic rule blocking except the right end and the right tackle. At the snap, the right end fires-in on the (2) man, driving him down the line of scrimmage. The right tackle drop-steps with his right foot and moves off the tail of his right end, driving (3) to the outside.

This creates a hole off-tackle as big as the outdoors, and gives the right halfback plenty of room to go

through the hole and get good position on (4), who's his normal blocking assignment.

Blocking Adjustment Wedge (Diag. 6). In this crude, yet effective, adjustment, the active side guard, tackle, and end form a three-man snow-plough.

The tackle is the apex of the wedge, as he fires-out straight ahead downfield with both "flippers" held high and wide. The right guard fires his outside, or right, "flipper" hard up into the back of the right tackle's left "flipper," while the right end fires his inside, or left, "flipper" hard up into the back of the right tackle's right "flipper."



As the three men run downfield at full speed in snow-plough fashion, the guard and end keep *punching* their "flippers" hard up into the back of the tackle's two "flippers." This technique of "punching up the tackle's flippers" is a great aid in keeping the wedge together and moving at full speed.

The center joins the inside of the wedge to cut off any defensive player trying to come in from the inside to get behind the wedge, while the right halfback goes after the first defensive player to the outside of the wedge.

The remainder of the backfield action is typically the same, except that the fullback hits in a little tighter and much quicker than usual. The quarterback doesn't give the customary belly ride hand-off, but gets the ball to the fullback as fast as possible after the snap.

The fullback tries to get his forehead on the back of the tackle's pants in order to follow in behind the apex of the wedge as closely as possible. Although the fullback's head is kept low while running behind the wedge, his face must be kept up, so that when the wedge does eventually break up the fullback can break for daylight.

This adjustment is basically a short-gaining technique. But it does often go for a long-gainer. Wedge blocking is highly effective against stunting or penetrating techniques. There's nothing quite as shocking,

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or frustrating, for a defensive linebacker than to find himself red-dogging into a wedge.

It pretty closely parallels running into a snow-plough at full speed, and nothing will discourage defensive stunting any faster than wedge blocking at the critical point of attack.

We feel that this type of wedge blocking is a great aid to team morale, for the guard, tackle, and end aren't blocking any specific defensive player. They're blocking as a unit, which is moving downfield and pushing aside anything in its path.

Adjustments, as described in this article, are an absolute necessity to the outside belly series whenever the defense is containing the basic rule blocking techniques.

Training Recruits in Cross-Country

(Continued from page 18)

jog 150 yards; walk 150 yards. (Repeat until a total of 1200 yards has been covered.)

3rd day—repeat work-out of second day.

4th day—5 minutes of calisthenics; stride 200 yards; walk 200 yards. (Repeat until a total of 1600 yards has been covered.)

5th day—8 minutes of calisthenics; stride 400 yards; walk 200 yards. (Repeat until a total of 1800 yards has been covered.)

6th day—8 minutes of calisthenics; stride 600 yards; walk 200 yards (repeat twice); jog 300 yards.

7th day—8 minutes of calisthenics; stride 800 yards; walk 200 yards. (Repeat twice.)

8th day—10 minutes of calisthenics; stride $\frac{1}{4}$ mile; walk 200 yards; stride 400 yards.

9th day—10 minutes of calisthenics; stride a mile; walk 200 yards; stride 400 yards.

10th day—10 minutes of calisthenics; stride $1\frac{1}{2}$ miles; walk 200 yards; stride 300 yards.

A few important things should be kept in mind in connection with these work-outs. The beginner's group should work together at all times. That means during the calisthenics, the running, and even the walking. The walking should immediately follow the running and vice versa.

By the time the prescribed walking distance has been completed, all members of this group should be more or less abreast and should move as a unit into the next portion of the running. For at least the first 10 work-outs the pace shouldn't rise above half speed with no sprinting at the end of any of the running segments.

By the 11th work-out, the locale may be shifted to the cross-country course, as a challenge. The calisthenic drill

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should precede the running. This group should still be kept intact. They must be impressed with the idea that the hill-and-dale type of running will be of greater benefit in building stamina than running on level ground.

For the first cross-country practice session, the course should be subdivided into two or three segments. Since most high school cross-country courses are from $1\frac{1}{2}$ to $2\frac{1}{2}$ miles in length, the longest segment should be about $\frac{3}{4}$ mile. Half speed running or striding should still be the guiding principle. As for the hills, have everyone walk the first $\frac{1}{4}$ of each hill and stride through the latter part.

After this work-out has been repeated three times, it would be well to have the segments rearranged so that each will include running about half of the hills in their entirety. After three more such work-outs, the course may be divided into two parts. Have the members of this group stride half the length of the course, walk 200 yards, and stride the remainder of the distance. Continue this practice procedure for three sessions.

By this time, enough curiosity should have been aroused among the members of this group as to whether they can last the full course. It would be well to have the decision to try to go the route come from the group. If the boys feel they're ready, they'll make an all-out effort to complete the entire cross-country course without a stop. This would be the supreme challenge.

Once the full course has been traversed, the first major objective will have been achieved. From that point on it will be only a matter of increasing the pace gradually until a practice run can be attempted, with the time of each runner recorded.

The next logical step would be to arrange a practice handicap meet with the varsity. This can be done on a time basis, allocating handicaps so that all contestants will theoretically finish at the same time, if they perform according to their last timed practice session.

The procedures outlined in this article are practical. They've withstood the test of usage in one form or another by many of our better coaches. In the case at hand, they've been slightly modified to meet the needs of the green participants.

If applied with reasonable judgment, they should be helpful in developing an inexperienced group into some semblance of a cross-country team. At any rate, they should prove beneficial to all concerned, whether they make the cross-country team or not.

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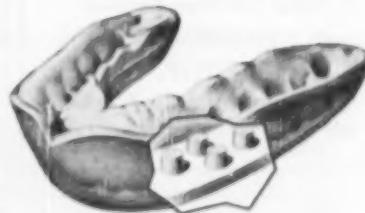
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Multi-Stage Passing Action

(Continued from page 14)

cess through the flooding of the outside area with three potential receivers. The near halfback, after executing the quick toss maneuver, continues in a swinging pattern that culminates in a sprint directly upfield. With the defensive halfback taking the deep driving flanked end, this receiver should open. If the deep receiver isn't covered, a long completion should follow.

Defensive rotation should be difficult unless an over-compensation is made to the split side. This situation would consequently free other areas. The quarterback should base his decision upon the commitment of the defensive halfback. Pressure would force an immediate pass to the swinging back.

A maneuver of this type, to be successful, should be complemented with thrusts to the inside that are very similar in appearance. This would tend to minimize defensive pursuit. Immediate and aggressive pursuit would obviously ruin this action's effectiveness. The blocking of interior linemen in this situation is magnified in importance. Blocking must be fast and sure, with contact maintained for a sustained period of time.

The following are tentative individual assignments:

Set End to Split-Side Tackle: Drive out straight ahead or according to specified rule and block assigned defender aggressively. Blockers located to the split side must attempt to turn their man toward the center; the block of the tackle is extremely important. The key to this sequence lies in the ability of these blockers to eliminate pursuit.

Split End: Operate the break-in pattern. If the quarterback fakes the pass, break deep back to the sideline as illustrated in **Diag. 5**.

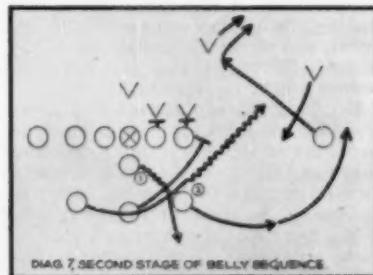
Near Halfback: Swing laterally at top speed, ready to receive the ball at any time. If the quarterback doesn't toss the ball immediately, execute a swinging pattern to the outside and continue this pattern directly upfield. The ball can be thrown at any time, from the moment the ball is put into play until this receiver is 30 yards deep. Always be ready to cut back and block for the running quarterback.

Fullback: Drive directly off-tackle, block the first man outside the offensive tackle. Contact must be made and maintained. If, for some reason, no defender is located in this area or there's no penetration, hold up at the line of scrimmage and block the first penetrator to enter the area.

Far Halfback: Drive laterally to the split side, cut upfield to a point one yard outside the offensive tackle. This pattern should take five steps to the point where the pivot is made toward

the line of scrimmage. As the break toward the line is made, position the arms to receive the ball from the quarterback.

If the ball is inserted, take it and drive off the fullback's block as illustrated in **Diag. 7**. If the ball isn't inserted, drive upfield to a point six to eight yards deep and pivot back toward the quarterback, being ready to receive a pass immediately or block back for the running attempt. This pattern must stay to the inside. If this isn't possible, block anyone available at the scrimmage line.



DIAG. 7. SECOND STAGE OF BELLY SEQUENCE

Quarterback: Upon reaching the line of scrimmage, survey the defensive alignment. If the arrangement is to the inside, the quick toss should be considered. If it's to the far outside, the break-in pass should be considered. Or, if a definite weakness is noted off-tackle, the second stage should receive consideration.

As the ball is centered, retreat at a 30° angle to the split side. Be prepared to execute the first stage at any time. If this doesn't develop, give consideration to the second stage.

Success is possible here if defensive pursuit doesn't occur and the area is free. Simply hand the ball to the bellying halfback as he passes. If there's any problem here, keep the ball and continue your path in a roll-out action. Note the action downfield. Key the secondary defender. Pass to the optimal receiver. Usually the swinging halfback will be free.

The ball can be kept for a running attempt if advantageous. The quarterback should utilize this possible run to force defensive reaction to it and thus open short-patterned receivers.

The 49ers mastodon, Leo Nomellini, was becoming increasingly annoyed at the elbows being thrown at him by the opposing tackle. Finally he blew his top. Rising to his full height, he looked the culprit square in the eye and snapped:

"Look, Mr. 78, if you want to play rough, okay. But remember, you're a good-looking guy, but me, I've got nothing to lose."

Defensive Backfield Drills

(Continued from page 26)

we allow them to turn completely with back to ball to create a better interception angle. (We've found you get to deep ball quicker this way.)
12. Zone Drill (Ball Reaction), Diag. 12.

Objective: To teach coverage of a zone area.

Procedure: On marked off area 17 yards wide with defender in middle, he must cover both ends and react to direction of thrown ball.

Coaching Points: Watch passer first—ends with split vision.

13. Six-on-Three Zone Drill (Ball Reaction), Diag. 13.

After two interchanging periods of individual techniques, about eight to 10 minutes with each group, we work in full units for about 10 minutes.

Our Unit Pass Defensive Drills are:

1. Key Drill (Position Drill), Diag. 14.

Objective: To get directional movement and field position.

Procedure: Full backfields on defense. Start from basic position. React back on first step. Rotate on predetermined key. Coach or passer either drops straight back or flows one way or other. Have field lined off.

Coaching Points: Check interception distance on a whistle. Move ball around on hash marks. Don't allow outside men any closer than four yards from sideline.

Diagram shows straight drop-back action key and rotation flanker. Vary ball position and keys to check assignment, direction, and field position. Offensive ends are put in to get proper alignment.

Since we stunt in the secondary with maneuvers which include our defensive ends, we must use them in our pass defensive unit drills at times. (See my article in May issue.)

In Diag. 15, key is to "ball" (rotate that way). Stunt called is "Rush." Every key and stunt maneuver must be covered and from various field positions.

2. "Go" Drill (Coordinated Techniques and Interception Returns), Diag. 16.

Objective: To teach blocking potential receivers after an interception.

Procedure: Dummies are placed in defensive secondary. After a quick reaction to a coach's pointed direction of ball, ball is thrown in one of defensive zones. Defenders put blocks on dummies nearest receiver.

Coaching Points: When interceptor yells "go," nearest defensive back blocks receiver. Other defensive backs move to ball and on "go" command, block in on next opponent nearest interceptor. (We try to block in because our interception returns are planned with an outside lane formed by both the backs and linemen.)

At times some drills are improvised a little, but ordinarily we stick very close to the drills as diagrammed. It goes without saying that our tackling drills are incorporated into our defensive practice procedure. Our purpose here, however, was to cover just our pass defensive drills and techniques.

A final word of caution about all drills: They should yield as much fun as possible without sapping the players' vitality.

As George Allen says in his Complete Book of Winning Football Drills: "Do not drill the individuality or initiative out of the players. The player should be encouraged to control the drill himself. The real stars . . . have generally been men who drilled themselves to a high degree of excellence.

"Under no circumstances must the drill or the drillmaster dominate the player. If that occurs, motivation vanishes . . . The player must be encouraged to control the drill and to rise above the coach and coaching. In this manner only is high individual excellence obtained.

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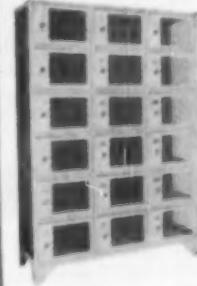
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- **MODERN ATHLETIC TRAINING.** By Ken Rawlinson. Pp. 208. Illustrated. Englewood Cliffs, N. J.: Prentice-Hall, Inc.

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Illustrated nicely with photos, skeletal charts, and drawings, the book constitutes a handy, all-inclusive, and well-illustrated guide to modern athletic training methods.

- **TRAMPOLINING ILLUSTRATED.** By Chuck Keeney. Pp. 149. Illustrated. New York: Ronald Press Co. \$4.

SUPERVISOR of physical ed and former gymnastics coach at the U. of California, as well as one of the country's top trampolining authorities, Chuck Keeney offers a safe, fun, and professionally technical analysis of 50 popular trampoline stunts.

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- **TREATMENT AND PREVENTION OF ATHLETIC INJURIES.** By Joseph P. Dolan. Pp. 472. Illustrated. Danville, Ill.: The Interstate Printers & Publishers. \$5.50.

PUBLISHED originally in 1953, this book received such wide acclaim and usage that the author, a physical education professor at Northeast Missouri State Teachers College, was urged to revise it in keeping with the latest trends.

The result is practically a new book. Completely up-dated, with 90 extra pages, many new illustrations and a brand new chapter on "Mental Hygiene in Athletics and Training," the book is packed with all of the latest information and techniques that trainers and coaches must know to fully dispatch this critical responsibility. The scope of the book may be gleaned from the chapter headings:

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- ARNOLD PALMER'S GOLF BOOK. Pp. 142. Illustrated. New York: Ronald Press Co. \$5.

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Miscellaneous

- Mechanics of the Pole Vault (4th Edition). By Dr. Richard V. Ganslen. Pp. 140. Fayetteville, Ark.: Richard V. Ganslen. \$1.50. (The greatest book on the pole vault extant, written by the world's greatest authority on the event, this book covers the vault in incredible detail, omitting absolutely nothing. Illustrated profusely, it's a positive must for every performer and coach.)

- Administration of Health, Physical Education and Recreation for Schools. By Richard C. Havel and Emery W. Seymour. Pp. 440. New York: Ronald Press Co. \$5.50. (Integrating the ad-

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(Continued from page 5)

knocked us out of our swivel chair.

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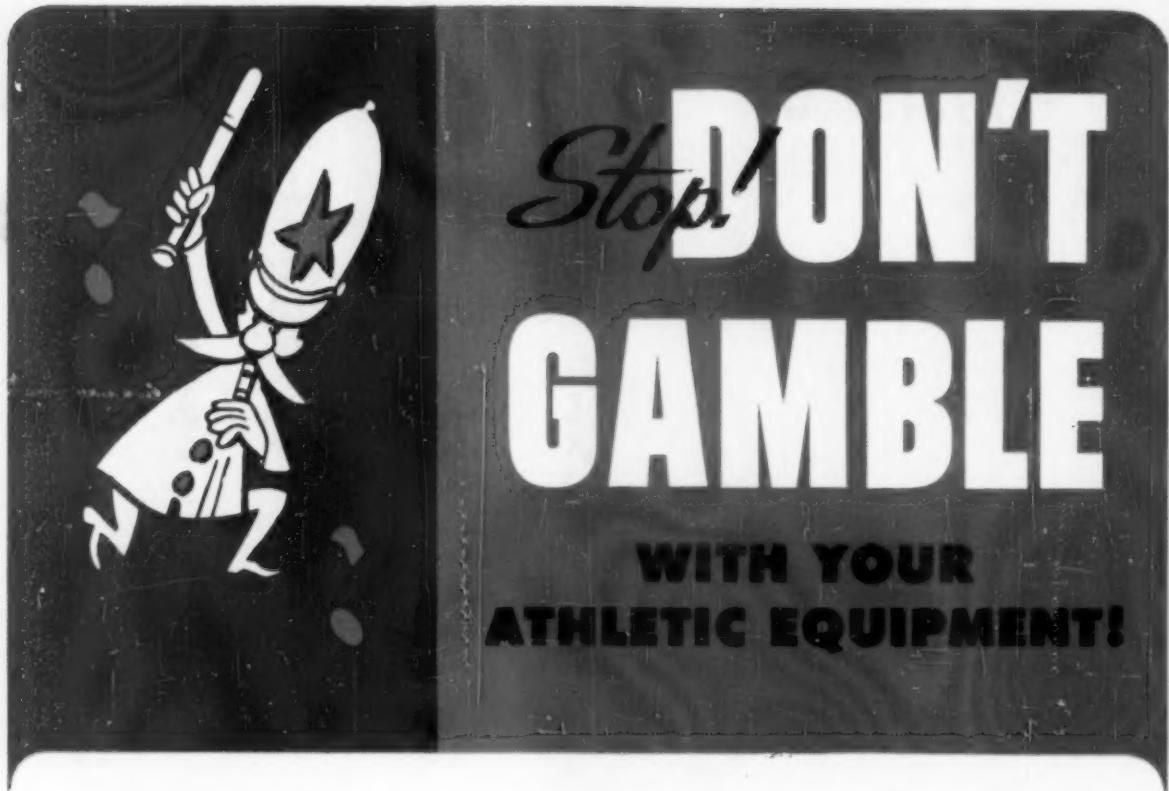


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